

MARCH 2015 | VOTED AUSTRALIA'S BEST FOOD MAGAZINE

# delicious.

50 WAYS TO ENTERTAIN LIKE A PRO

## LONDON CALLING

Gorgeous recipes from Rachel Khoo's new cookbook

+10 SPEEDY DINNERS for weeknights



Design  
ISSUE

Perfect plating, scene setting, what's trending

Rhubarb & custard mille-feuilles



NEALE WHITAKER Entertaining at home  
JAMIE OLIVER Sri Lankan coconut fish curry  
VALLI LITTLE Fast & fabulous date night menu

PALEO PUMPKIN PIE • COOL BARS, HOT FOOD • DREAMY DESSERTS • NEW RESTAURANTS



# Taste your way around the world

Go on gourmet adventures with each course from our regionally inspired menus. From a selection of fine cheeses to homemade Middle Eastern baklava with pistachio. Savour global flavours that take you places.

**Exclusive wines and spirits • Complimentary Chauffeur-drive service\* • Free Wi-Fi on select aircraft<sup>^</sup>**

\*Complimentary Chauffeur-drive service available for First Class and Business Class, excluding Trans-Tasman services and codeshare flights operated by Qantas to Southeast Asia. Mileage restrictions apply. For full terms and conditions visit [emirates.com/au](http://emirates.com/au). <sup>^</sup>Most Emirates A380 aircraft offer 10MB of free Wi-Fi data, thereafter a USD 1 charge applies for 500MB. For more information visit [emirates.com/au](http://emirates.com/au), call 1300 303 777, or contact your local travel agent.

A woman with dark hair and red lipstick is wearing a long-sleeved, light green dress with a zipper detail. She is looking down at a wooden cheese board on a white surface. The board holds various cheeses, including brie, cheddar, and blue cheese, along with some fruit and nuts. A fork is visible on the left side of the board.

Hello Tomorrow

Emirates

[emirates.com/au](http://emirates.com/au)

# DOORLICIOUS.



The all-new MINI 5-door hatch comes with a second helping of doors. To top it off, it's jam-packed with all new safety features, new engines, an illuminated LED centre instrument, head-up display, parking assist and extra space in the back and the boot. We think it's the most fun you can have in a 5 door on four wheels. Help yourself at [MINI.com.au](http://MINI.com.au)

**THE NEW MINI HATCH. NOW WITH 5 DOORS.**  
**5-door.MINI.com.au**

**WorldMags.net**



[WorldMags.net](http://WorldMags.net)

# NEW GENERATION MAZDA CX-5 IS HERE

WITH NEW LEVELS OF COMFORT AND TECHNOLOGY

It's a new generation that's smarter and sleeker. A redesigned interior now features MZD Connect, that seamlessly links to your music, social media feeds and a range of online content. Its instincts are heightened by i-ACTIVSENSE safety, that recognises and helps avoid potential hazards. Mazda CX-5 also gives you the agility and outstanding fuel economy of SKYACTIV TECHNOLOGY. It's hard to imagine a smarter, more athletic SUV.

Leap onto [NewMazdaCX-5.com.au](http://NewMazdaCX-5.com.au) An SUV. But not as you know it.



Features listed are standard on Akera model shown. MAZ11327\_DEI



zoom-zoom

IMAGINATION DRIVES US

# PORKSTAR



For a decade, PorkStar has joined forces with brilliant chefs to inspire a nation to “Get Some Pork on Your Fork”. Together we have transformed the humble pig from a menu afterthought into a menu “must have”.

So to all the pork passionate chefs across the nation, we salute and applaud you – Happy 10<sup>th</sup> Anniversary PorkStars!!!

BACK ROW • Jake Nicolson • Dan Hong • Manu Feildel • Brent Savage • Peter Manifis • Philip Johnson • Giovanni Pilu • Shaun Presland  
• Colin Fassnidge • Stewart Wesson • Daniel Wilson • Richard Ousby • Damian Heads • Neil Thompson • Analiese Gregory • Don Hancey  
• Raymond Capaldi • Richard Ptacnik

FRONT ROW • Hadley Troy • Warren Turnbull • Camillo Crugnale • Pablo Tordesillas • Martin Boetz • David Pugh • Matthew Kemp  
• Brett Cameron • Bethany Finn • Christine Manfield • Belinda Franks • Alex Herbert • Carla Jones

# A DECADE OF JOY



PORKSTAR™

BACK ROW • Chui Lee Luk • Mark Jensen • Fergus Henderson • Saskia Beer • Ian Curley  
• Stephen Clarke • Brad Jolly • Nino Zoccali • Luke Nguyen

FRONT ROW • Dominique Rizzo • Lauren Murdoch • Duncan Welgemoed • Scott O'Sullivan  
• Hamish Ingham • Alessandro Pavoni • Ben Williamson • Janni Kyritsis • Matthew Dempsey  
• Massimo Mele • Leigh McDivitt

AUSTRALIAN  
**Pork**™

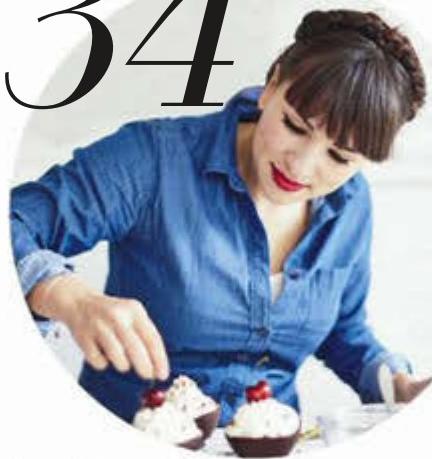
[WorldMags.net](http://WorldMags.net)

# CONTENTS



108

# 134



## SAVOUR

### 25 Hand picked

Seasonal recipes from The Bridge Room's Ross Lusted.

### 51 Hotspot

Chef's specials from Chiswick at the NSW Gallery and Adelaide's Africola.

### 54 Balancing act

Shining the light on designer diets, and a recipe for paleo pumpkin pie.

### 64 Valli's kitchen diary

Plate up a candlelit meal for two with Valli's indulgent date night dinner.

### 72 Matt Wilkinson

Matt elevates salads to main-meal status in his latest cookbook.

### 80 Australian flavours

We bring you finger lickin' good bar food from Sydney's top fine diners.

### 90 Entertaining

*The Block* judge Neale Whitaker invites us over for lunch.

### 100 Exclusive extract

Classics from *The Best of Gretta Anna* with Martin Teplitzky.

### 108 Faster food

Easy ideas with on-trend ingredients – think kimchi, sriracha and freekeh.

### 120 Jamie Oliver

Jamie gives rice the star treatment.

## ESCAPE

### 134 Global flavours

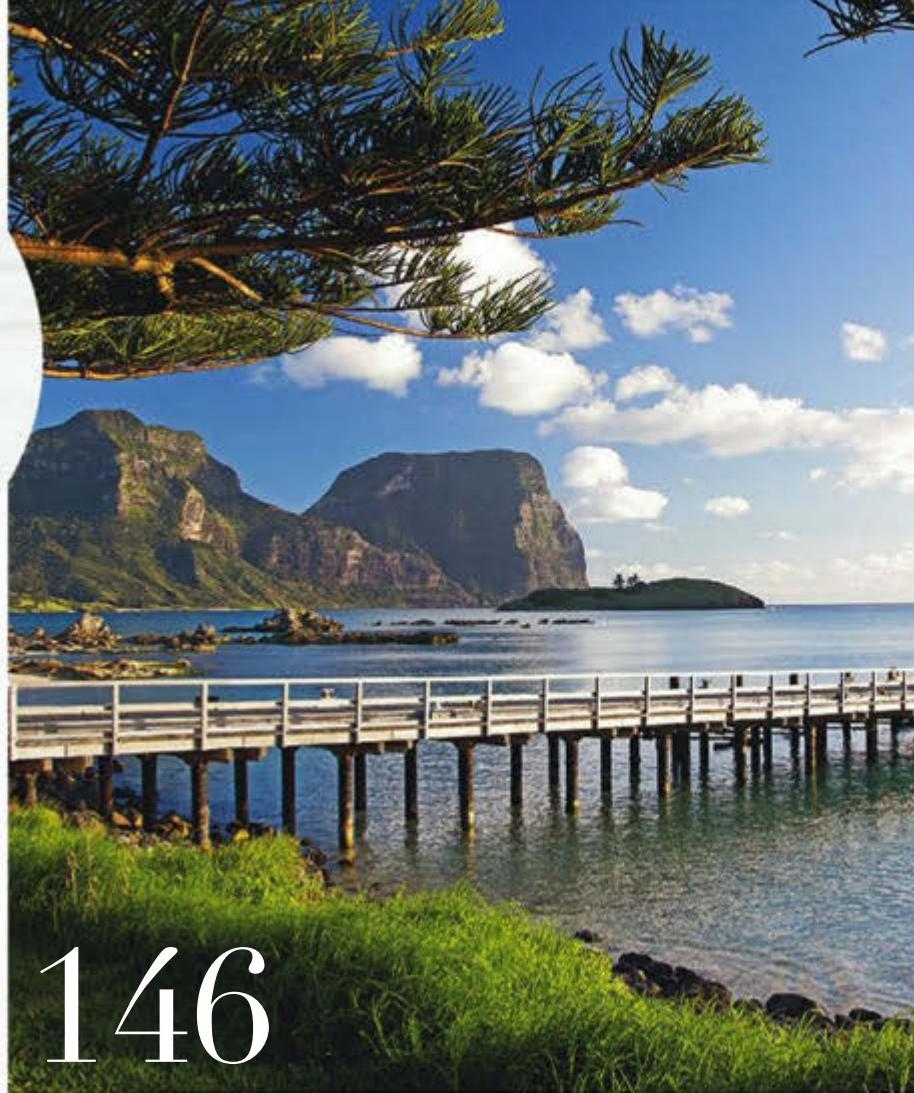
UK foodie Rachel Khoo shares some treasured recipes.

### 144 24 hours in Boston

How to make the most of your day in this historic American city.

### 146 Postcard

A taste of tropical paradise at Capella Lodge, Lord Howe Island.



# 146

## REGULARS

### 12 Ed's letter

### 14 Menus

### 17 Talk to us

### 18 Out & about

Join us for our upcoming Next Gen dinner at Franklin in Hobart, and a food-styling workshop in Melbourne. Plus, photos from our latest event.

### 34 Produce awards

Don't forget to cast your vote.

### 37 Insider

Food trends and restaurant news.

### 43 Art of entertaining

Take-home tips from the experts.

### 56 Drinks

Mike Bennie recommends top tipples with persuasive packaging.

### 58 Innovators

Head off the beaten track to go foraging with Anthony Huckstep.

### 60 Subscribe to delicious.

Receive a bonus cookbook.

### 142 Insider: travel

Hot destinations, news and products for the stylish nomad.

### 156 Recipe index & directory

### 162 Hit list

Meet Nicole Eckels, co-founder of Glasshouse Fragrances.

## FOLLOW US...



[facebook.com/  
deliciousmagazine](http://facebook.com/deliciousmagazine)



@deliciousmagazine



@deliciousAU



deliciousAU

## ON THE COVER

Rhubarb & custard mille-feuilles (recipe p 140) **Recipe** Rachel Khoo

**Photography** Mark Roper

**Styling** David Morgan

Black 'Tam' stoneware platter, \$19.95, Country Road

ED'S LETTER.

# welcome



**DESIGN AND FOOD** are intrinsically linked. While there is still a desire for rustic, messy meals to share, Australians have come to care so much more about how our food looks on the table, along with the setting and mood, to boot.

Our chefs continue to innovate, not just with the ingredients they arrange, but the memorable restaurant fit-outs and tableware they commission, too.

One of the most interesting stories to come to the surface in this month's

inaugural design issue is Sydney chef Ross Lusted's Hand Picked feature (p 25). His seasonal dishes taste and look exquisite and are inspired by his background in architecture, in particular Polynesian styles. His eye extends to the plateware he designs for the restaurant; they are even in production (and available through Funkis, in case you want to nab them for yourself).

I hope you enjoy our inventive issue, focusing on everything from on-trend ingredients you can access easily (Faster Food, p 108), to how a design duo entertains at home (p 90). It's time to get creative!

Kerrie

Kerrie McCallum, Editor-in-chief

Follow me: @kerriemccallum @kerrie\_mccallum



## BOOK IT

The next restaurant stop in our Next Gen Dinner Series is David Moyle's hot new venue, Franklin, in Hobart, Tasmania, and you're invited. More details, p 18.



## MAKE IT

Our new contributor, Melbourne chef Matt Wilkinson, debuts on p 72 with an exclusive extract from his latest cookbook, *Mr Wilkinson's Simply Dressed Salads*.



## SHARE IT

South Australian chef Duncan Welgemoed is turning up the heat with South African braai restaurant Africola. We're already hooked on his peri-peri chicken, p 51.

# TRENERY



TRENERY.COM.AU

WorldMags.net

# ENTERTAINING



ENTERTAINING

Oysters with  
beurre blanc

## SEAFOOD SPECTACULAR

- Oysters with  
beurre blanc, p 66  
*2014 Coriole Chenin Blanc*  
~  
Australian bouillabaisse, p 102  
*2014 Brash Higgins R/SM*  
*Riesling Semillon Field Blend*  
~  
Rhubarb & custard  
mille-feuilles, p 140  
*2014 Cullen Semi Sweet White*

*"I think of crisp,  
clean whites from  
Australian coastal  
vineyards to match  
with seafood."*

Mike Bennie,  
drinks writer



## FEEL-GOOD FOOD

- Brussels sprouts with  
fish sauce vinaigrette, p 82  
~  
Steamed fish with brown rice  
and greens, p 126  
~  
Paleo pumpkin pie, p 54



*"Eating gluten-free  
can be hard, and  
even harder with  
my sweet tooth. But  
this menu has it all  
—especially dessert!"*  
Shannon Keogh,  
art director

## GLUTEN-FREE



Paleo  
pumpkin pie



## PARTY FOOD

## COCKTAIL PARTY

- Salt &  
togarashi  
squid  
~  
*Tommie's margarita with tequila,  
lime juice and agave syrup*

- Grilled chicken  
with yuzukoshio, p 88  
*Whisky highball with a squeeze  
of lemon and 1 tsp honey*

- Goat's cheese cigars with  
melon & cucumber slaw, p 136  
*Chilled sweet vermouth served  
with ice and a slice of orange*



*"When pairing cocktails  
with food it's good  
to keep it clean and  
simple, so flavours don't  
fight for attention."*  
Luke Ashton, mixologist,  
Name This Bar, Sydney

{ SUPERIORLY CURED. SUPERIORLY SMOKED.  
SUPERIORLY INDULGED. }

*Superior Gold*™



Time. It's the secret behind our succulent Superior Gold Salmon. Cured for longer and twice smoked, it's smothered in a rare combination of sea salt and raw, golden Bundaberg sugar. All under the guidance of our passionate Smoke Master. The result? Richness, exquisite colour, consistent cut, a delightful sweetness and a taste so smoky, sophisticated and sublime, it defies words. Which is just as well. Because your mouth will have better things to do.

**THERE'S SALMON. THEN THERE'S SUPERIOR SALMON.**

For superiorly delicious recipes go to [superiorgold.com.au](http://superiorgold.com.au)



Now available in  
leading supermarkets



# delicious.

**EDITOR-IN-CHIEF**

Kerrie McCallum

**FOOD DIRECTOR**

Valli Little valli.little@news.com.au

**EDITORIAL**

Managing Editor Shannon Harley shannon.harley@news.com.au

Chief Subeditor/Features Writer Heidi Finnane heidi.finnane@news.com.au

Online Editor/Senior Subeditor Lara Zilibowitz lara.zilibowitz@news.com.au

Editorial Coordinator Caitlin Griffith-Pecset caitlin.griffith-pecset@news.com.au

Editorial Enquiries (02) 8045 4909; delicious@newslifemedia.com.au

**ART**

Art Director Shannon Keogh shannon.keogh@news.com.au

Senior Designer Kate Skinner katherine.skinner@news.com.au

**FOOD**

Food Editor Warren Mendes warren.mendes@news.com.au

Food Assistant Hana Reza hana.reza@news.com.au

Food Enquiries askvalli@newslifemedia.com.au

Senior Editors Sally Feldman and Matt Preston

Contributors Mike Bennie, Maya Beus, Silvia Colloca,

Jill Dupleix, Anthony Huckstep, Sarah Lewis, Matt Moran,

Jamie Oliver, Matt Wilkinson, Simon Wilkinson

National Sales Director Paul Blackburn

NSW Group Sales Directors Rachael Delalande (02) 8045 4657,

Sam Tomlinson (02) 8045 4676, Belinda Miller (02) 8045 4651

Group Sales Partnerships David Rogers (02) 8045 4741

VIC Sales Director Kim Carollo (03) 9292 3204

VIC Group Sales Directors Karen Clements (03) 9292 3202,

Sally Paterson (03) 9292 3217, Astrid White (03) 9292 3222

QLD, SA &amp; WA Sales Director Rose Wegner (07) 3666 6903

Classifieds Advertising Rebecca White 1300 139 305

Brand Strategy Director Dennis Michael (02) 8045 4661

Head of Sales and Strategy Food Donna Hodges (02) 8045 4661

Brand Strategy Manager Kate Corbett (02) 8045 4737

Brand Strategy Coordinator Angela Apostolakis (02) 8045 4744

Advertising Creative Director Richard McAuliffe

Advertising Creative Manager Zoe Tack

Senior Art Director, Creative Services Vanessa Samuels

Production Director Mark Moes mark.moes@news.com.au

Production Manager Neridah Burke neridah.burke@news.com.au

Ad Production Coordinator Katie Nagy (02) 8045 4923;

katie.nagy@news.com.au

Commercial Manager, Food Laura Lane laura.lane@news.com.au

Marketing Manager Dylan Edwards dylan.edwards@news.com.au

Marketing Executive Alyssa Piva alyssa.piva@news.com.au

Events Manager Joanne Khawaja

Chief Executive Officer Nicole Sheffield

Group Publisher, Food Fiona Nilsson

Commercial Director Sev Celik

Head of Commercial Management Catherine Burden

Director of Communications Sharyn Whitten

Marketing Director Diana Kay

General Manager, Retail and Circulation Brett Willis

Subscription Enquiries 1300 656 933; subs@magsonline.com.au

Enquiries: Locked Bag 5030, Alexandria, NSW 2015, tel: (02) 8045 4909, email: delicious@newslifemedia.com.au.  
Melbourne Office, HWT Tower, Level 5, 40 City Rd, Southbank, Vic 3006, tel: (03) 9292 2000.

delicious. is published by NewsLifeMedia Pty Ltd (ACN 088 923 906), 2 Holt St, Surry Hills, NSW 2010,

tel: (02) 9288 3000. NewsLifeMedia Pty Ltd is a wholly owned subsidiary of News Limited (ACN 007 871 178).

Copyright 2015 by NewsLifeMedia Pty Ltd. All rights reserved. Colour separations News PreMedia.

Distributed by Gordon and Gotch Australia Pty Ltd, tel: 1300 650 666. No material may be reproduced

without prior written permission of the publisher.

delicious. magazine was published by NewsLifeMedia under licence from the ABC until the February 2015 issue.  
NewsLifeMedia now publishes the magazine with no further editorial involvement from the ABC.

Printed by Hamanaprint, 8 Priddle Street, Warwick Farm NSW 2170  
under ISO14001 Environmental Certification. Paper fibre is sourced  
from certified forests and controlled sources.



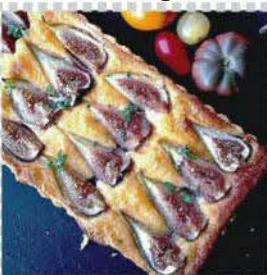
ISSN 1448-4455

# @delicious



## INSTA OF THE MONTH

#deliciousmagazine



*My fig, pear and brie tart. I added some polenta to the pastry for a bit of texture! #figandbrie #dinner*

@mymandolinandi

### FOLLOW US...



[facebook.com/  
deliciousmagazine](http://facebook.com/deliciousmagazine)



@deliciousmagazine  
@deliciousAU



### dinner winner

As a working mum, your Faster Food section is perfect for me. As soon as I saw the maple and mustard pork cutlets with apple salad (February 15, p 65), I had to make it. It did not disappoint!

Suzette Millar



### with the lot

Thank you for The Best Summer Burger recipe (Summer Entertaining, p 58) in the Dec 14 /Jan 15 issue. Best burger I've made at home ever! @MissFranka



### fresh start

On a lazy Sunday morning, my wife and I decided that for brunch we would forgo the usual tea and toast and try something slightly more adventurous. Inspired by Jamie Oliver, we decided to make the pork belly and watermelon salad (February 15, p 106). But would the unusual combination work together as a meal? You bet it did. The fusion of flavours was a hit.

Steve Kennedy

### FOREIGN CORRESPONDENT

Not only do you keep me up to date with the latest food trends and wonderful new recipes, but I was also able to suggest Ho Lee Fook restaurant to my daughter living in Hong Kong, thanks to Ben Greeno's Secret Address Book (November 14, p 154). She said it was the best meal she's ever had! I have my connections, thanks delicious.

Carolyn Wise, via Facebook

**ED'S NOTE:** Congratulations Carolyn! You've won a gift pack from Wheel & Barrow, including pieces from the new Coastal range, valued at \$514. For details, visit: [wheelandbarrow.com.au](http://wheelandbarrow.com.au).



" A good cellar should be sealed, dark, safe from vibrations, odourless, protected from drafts but well ventilated, nor too dry nor too humid,

and most importantly it should maintain a stable temperature between 12° and 14°."

**Sounds complicated?  
It doesn't have to be.**



Vintec 'NOIR' 35-Bottle Cellar, \$700

**Protect your investment with the most advanced wine cellaring technology.**

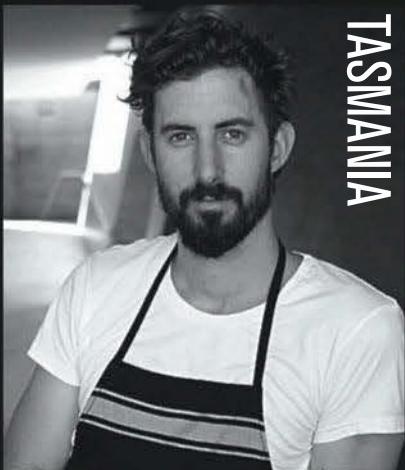
**VINTEC**  
WINE PRESERVATION TECHNOLOGY

*Where else would you store your wine?*

[vintec.com.au](http://vintec.com.au)

# NEXTgen. dinner series

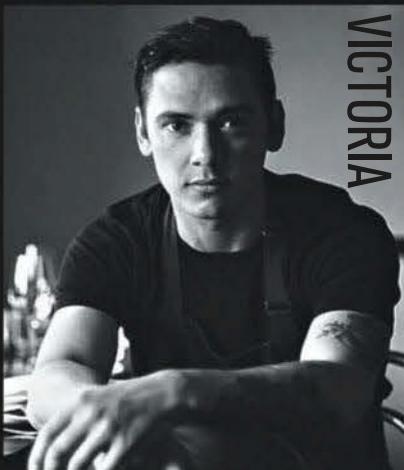
Want to know which chefs will be influencing the way we eat out in 2015? The delicious. Next Gen dinner series spans the country, shining the light on hot new talent and restaurants in each state. This month, join us in Tasmania for lunch at David Moyle's highly anticipated new restaurant, Franklin.



TASMANIA

DAVID MOYLE **FRANKLIN**

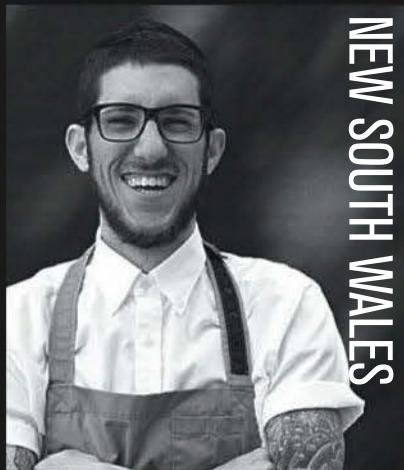
 @moyle\_david



VICTORIA

JAKE KELLIE ESTELLE

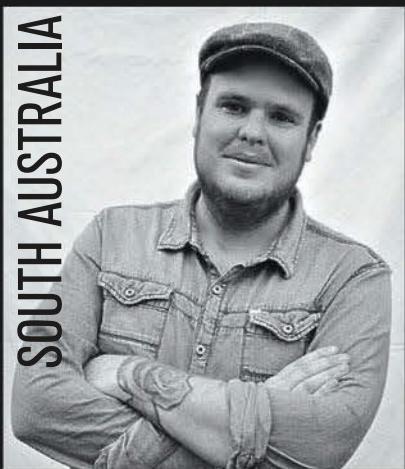
 @kelliejake



NEW SOUTH WALES

MITCH ORR **ACME**

 @krillinontherun



SOUTH AUSTRALIA

STEWART WESSON  
**THE FLINDERS STREET PROJECT**

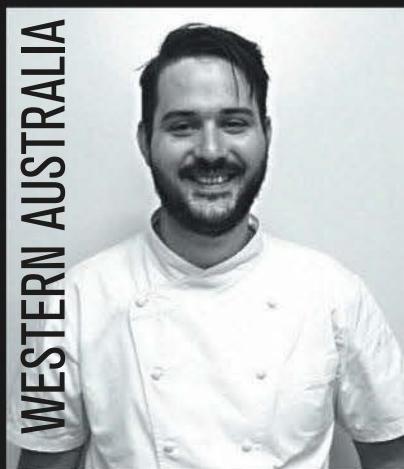
 @stewartwesson



QUEENSLAND

BEN DEVLIN  
**BOY & BIRD**

 @boy\_and\_bird

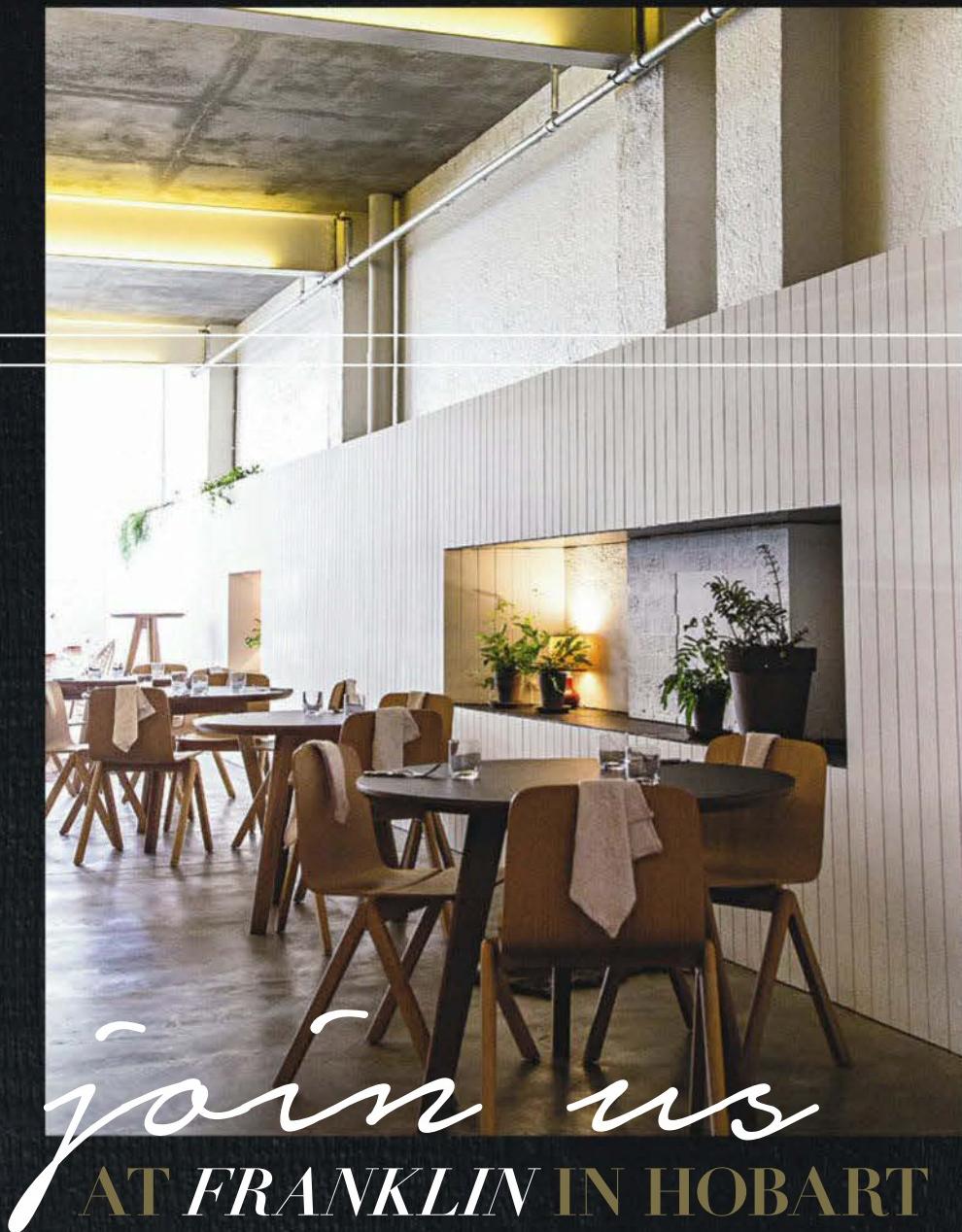


WESTERN AUSTRALIA

SETH JAMES  
**WILLS DOMAIN**

 @sjaychef

YOUR INVITATION.



## join us AT FRANKLIN IN HOBART

Pirates Bay octopus, native angasi oysters, Pyengana Dairy cheddar, Lake Pedder's Nectar honey, Bay of Fires sea urchin and Bruny Island pork – these are Tasmania's true rock stars according to David Moyle, *delicious*.

Produce Awards state judge and the chef who's shaken up Hobart's dining scene with newcomer Franklin and sister cafe Betsey. "In order to get the most interesting produce, I work with small producers and at the hands of nature. Instead of luxury products like crayfish, you'll find the likes of garfish, calamari and octopus on the menu," says David, whose mission is to showcase the state's lesser known ingredients. While there is a strong focus on seafood, the central Scotch oven that took him five months to temper will produce wood-roasted joints of meat and perhaps whole pigeon or kelp-wrapped abalone. Set in the former Mercury printing press, Franklin has a low-fi industrial vibe that's more relaxed than David's previous digs at The Stackings at Peppermint Bay, and the drinks list is accordingly down to earth, with biodynamic wines with an Italian bent, local craft beers on tap and bottle-fermented brews from Italy. 

### Menu

- Grilled Pirates Bay octopus  
with paprika and fennel
- Smoked bone marrow rice  
with toasted bean leaves
- Wood-roasted snapper  
with nettle sauce
- Almond & Lake Pedder's  
Nectar honey cake



**WHERE** Franklin, 30 Argyle St,  
Hobart, Tasmania  
**WHEN** 12.30pm, Friday, April 10  
**PRICE** \$110 for 4 courses with  
matching wines from  
Geebin Vineyard, Josh  
Cooper Cobaw Ridge  
wines and d'Meure  
**BOOK** Visit: [franklinhobart.com.au](http://franklinhobart.com.au)



#deliciousdoes

**OLYMPUS**

**OM-D**

Move into a New World

E-M10

**POWER TO THE PEOPLE!**

PREMIUM COMPACT INTERCHANGEABLE LENS CAMERA  
OUTSTANDING IMAGE QUALITY · HIGH-SPEED INTERACTIVE EVF · FAST AF · IN-BODY 3-AXIS IMAGE STABILIZATION

[olympusomd.com](http://olympusomd.com)



# out & about



Brought to you by  
**OLYMPUS**



## PHOTOGRAPHY & STYLING WORKSHOP *with Olympus in Melbourne*

After the huge success of our first photography and styling workshop in Sydney, we're delighted to offer Melbourne readers the chance to join acclaimed stylist Deb Kaloper at The Establishment Studios in Prahran, along with Olympus' team of photography experts and *delicious.* photographer Mark Roper. Fancy launching your own food blog or want to capture your culinary triumphs on camera? In these special two-hour, hands-on workshops, you'll learn how to take great food images and the secrets to styling beautiful table settings at home.

A former pastry chef, Deb styles for books and magazines in Australia and overseas, and brings a wealth of creativity, tips and tricks to the table. Sam Gant (2014 *MasterChef* contestant) and partner Celeste, of Melbourne's Pot & Pan Tailoring, will provide eye-catching dishes to shoot (and eat!). Spaces are limited.

 @deliciousmagazine  @deliciousAU  @deliciousmagazine #deliciousdoes

**WHERE** The Establishment Studios  
23 Grattan St, Prahran, Vic  
**WHEN** Saturday, May 2,  
morning (10am-12pm);  
afternoon (1pm-3pm)  
**PRICE** \$150 + \$6.50 booking fee for  
a two-hour food photography  
and styling workshop with  
cameras provided by Olympus,  
plus a light lunch  
**BOOK** Visit: [moshtix.com.au/delicious](http://moshtix.com.au/delicious)

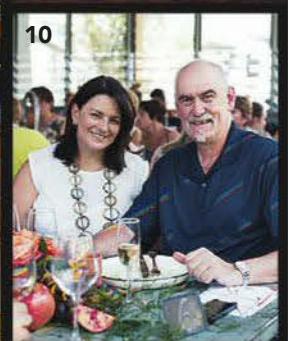
EVENT.



1. The Potting Shed at The Grounds of Alexandria. 2. Dessert was Japanese cheesecake with raspberries. 3. Guests took home jars of Bonne Maman Caramel Spread. 4. Jacinta Campbell and Nikki Hills. 5. The Potting Shed chef Mark Proudfoot with food director Valli Little. 6. Harissa salmon with pearl couscous. 7. The Potting Shed's famous antipasti platters. 8. Victoria Bradley, Tonile Wortley and Jenni Waldren. 9 & 10. Carolyn Mindham and Rod Parker from wine sponsor Grant Burge Wines.



8



9

## LOVE TO EAT BOOK LAUNCH *at The Potting Shed*

It's no surprise that we love to eat here at *delicious.*, so what better way to celebrate the launch of our latest cookbook, *Love to Eat*, than with a series of special reader events to showcase some of our favourite dishes from the pages? In Melbourne, guests escaped the city buzz to join food director Valli Little for a laidback lunch at The Farm Cafe at Collingwood Children's Farm, while in Sydney, we beat the heat (well, we did our best) at urban oasis The Potting Shed at The Grounds of Alexandria. The menu journeyed from Mexico to Morocco, Japan and beyond, with matching wines from our sponsor Grant Burge Wines, including a delightfully refreshing Moscato Frizzante to seal the deal.

PHOTOGRAPHY PHU TANG

@deliciousmagazine

@deliciousAU

@deliciousmagazine

Tag yourself and your friends at our events using #deliciousdoes



## Sharing the Table

Maggie's new range of dips!

A collection of five full flavoured dip combinations;

Tomato, Basil & Caper; Spinach, Currant & Preserved Lemon; Romesco; Beetroot, Vino Cotto & Orange and Eggplant & Tomato. With especially chosen ingredients, these dips are perfect to serve as an appetiser, spooned straight from the tub onto lavosh, water crackers or woodfired bread.



"Moving to the Barossa when I married Colin and being surrounded by such wonderful, seasonal produce certainly put me on the path to so many experiences I now hold dear about life, but the most inspiring of all has been the enjoyment in sharing our table, and having everyone in the family involved. Finding joy in the simple act of sharing the season's harvest with family and friends is a Barossa tradition."

Available now at your independent supermarket or gourmet store

[www.maggiebeer.com.au](http://www.maggiebeer.com.au)





WEAVE YOUR MAGIC

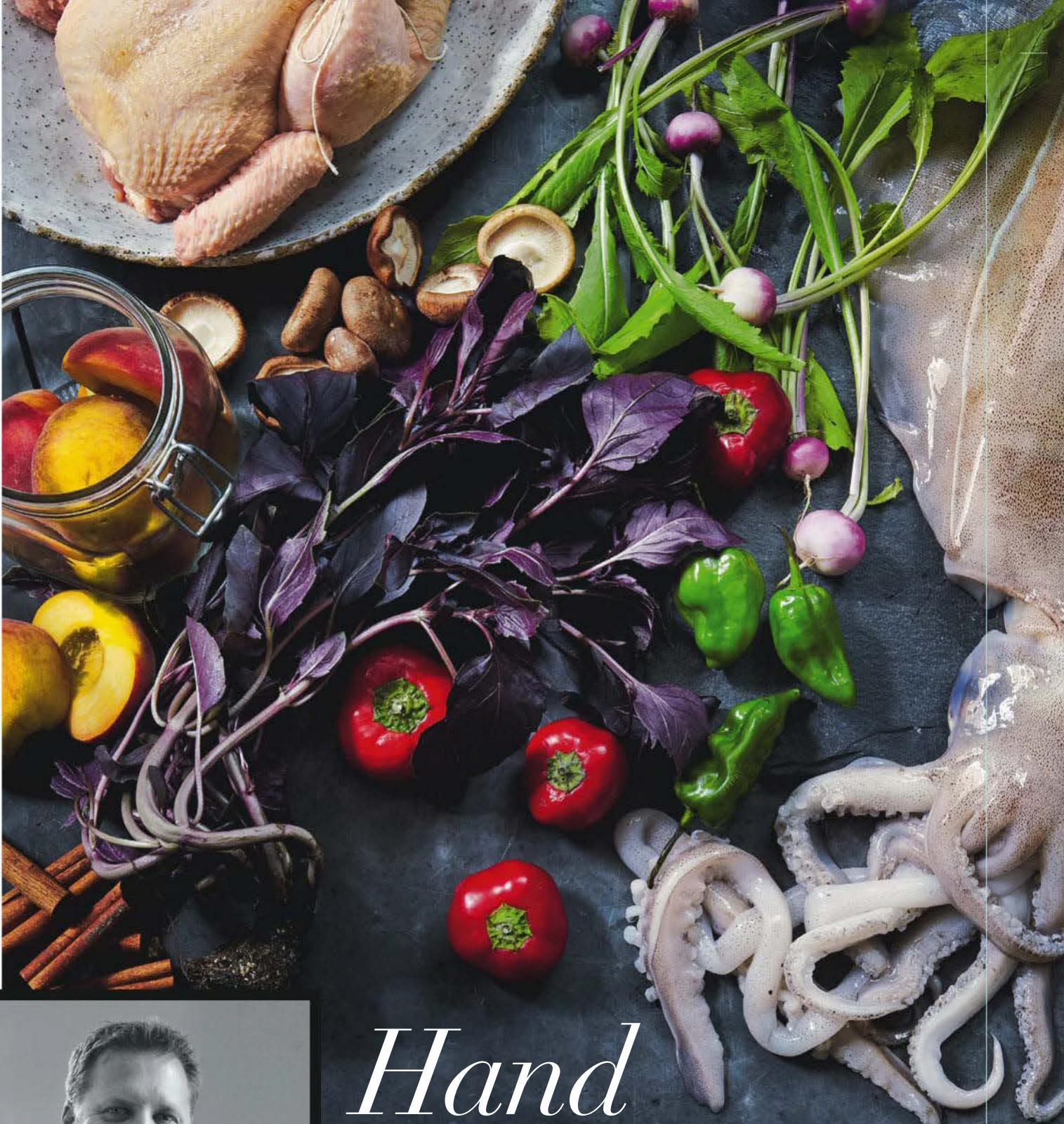
GOOD FOOD DESERVES LURPAK®

[www.facebook.com/lurpak](http://www.facebook.com/lurpak)  
WorldMags.net



# *Hand* PICKED

Impeccably structured seasonal dishes grace unique, handcrafted plates at The Bridge Room restaurant in Sydney, so who better to share his insights in our design issue than chef and co-owner **Ross Lusted**.





*“The richness of the smoky capsicum  
and delicate flavours of the purple basil and lardo  
remind me of our summer travels through Italy.”*

HAND PICKED.

*“Southern calamari is so versatile and  
the texture is fantastic when lightly grilled.”*



Southern calamari with green olives and sweet onions.

Opposite: chargrilled capsicum, juniper oil & purple basil salad.



*"The flavours here are very Japanese.*

*I lived in Asia for a long time and love how  
they cook **chicken** in so many different ways."*



HAND PICKED.

**“Peaches** have a wonderful texture when poached.

*Unlike other fruit they’re not too sweet, and*

*light and cooling in the summer heat.”*



Peaches ‘n’ cream.

Opposite: Izakaya-style  
chicken with chargrilled  
vegetables.

## HAND PICKED.

### CHARGRILLED CAPSICUM, JUNIPER OIL & PURPLE BASIL SALAD

SERVES 4 AS A STARTER

*At The Bridge Room, Ross cooks this recipe using Bella Rosa peppers over a hot charcoal for a smoky flavour, then finishes them in their own juice. You will need a kitchen thermometer. Strained juniper oil can be stored in a cool, dark place for up to 3 months.*

**2 red capsicums, halved, seeds removed**  
**8 thin slices prosciutto (Ross uses Lardo di Colonnata, as pictured)**  
**1/2 bunch purple basil, leaves picked**

**JUNIPER OIL**  
**12 whole juniper berries**  
**3 rosemary sprigs, leaves picked**  
**4 bay leaves**  
**1 cup (250ml) extra virgin olive oil**

For the juniper oil, use a mortar and pestle to pound juniper and herbs to a rough paste. Add oil and whisk to combine. Transfer mixture to a small pan over low heat, and cook until mixture reaches 40°C. Remove from heat and pour into a 300ml sterilised bottle. Cool. Strain before using.

Preheat grill to high. Place capsicum, skin-side up, on a baking tray and grill for 3-4 minutes until skin blisters and blackens. Transfer to a plastic bag and set aside for 10 minutes to cool. (Alternatively, cook whole capsicums directly over a gas stove, holding them with long metal tongs, turning until blistered and blackened). Once cool, remove and discard skin and membrane.

To serve, spoon a little strained juniper oil into the middle of serving plates. Top with a capsicum half and 2 prosciutto slices, then cover with purple basil leaves.

### SOUTHERN CALAMARI WITH GREEN OLIVES AND SWEET ONIONS

SERVES 4 AS A STARTER

**500g whole southern calamari, cleaned (or 2 small cleaned squid tubes)**

**18 pitted large green olives, 1 tbs brine reserved**  
**3 anchovy fillets in oil, drained**  
**Finely grated zest and juice of 1 lemon**  
**2 tbs extra virgin olive oil**  
**4 small white pickling onions**  
**200g ghee (clarified butter) or unsalted butter**  
**18 basil leaves**

Separate calamari hoods from tentacles. Cut open the hoods, then, using a sharp knife, score the insides in a diamond pattern and slice into 2cm-wide strips. (Remove beaks from tentacles and discard – see opposite – and reserve tentacles for another use.) Set calamari aside.

Finely chop olives and anchovies, and place in a bowl. Add reserved brine, lemon juice and 1 tbs olive oil, and stir to combine. Set aside until ready to serve.

Peel onions, cut in half through the root, then slice lengthways, leaving root intact so onion can fan out. Place onion and ghee in a small pan over low heat. Cook for 6 minutes or until just soft. Remove from heat and set aside to cool.

Preheat a chargrill pan to high. Toss the calamari with remaining 1 tbs oil, then chargrill for 2 minutes or until calamari curls up and is just tender.

Divide calamari among serving plates with the sweet onions and basil leaves. Spoon over a little green olive dressing and garnish with lemon zest to serve.

### IZAKAYA-STYLE CHICKEN WITH CHARGRILLED VEGETABLES

SERVES 4

**1.8kg whole chicken (Ross uses Holmabrae corn-fed chicken)**  
**2 tbs peanut oil**  
**10 spring onions, ends trimmed**  
**4 garlic cloves, chopped**  
**1 tbs finely chopped ginger**  
**200ml cooking rice wine**  
**8 dried shiitake mushrooms**  
**10cm piece dried kombu (seaweed)**  
**1 tbs mirin (sweet Japanese rice wine)**

**1/3 cup (80ml) light soy sauce**  
**1 tsp shichimi togarashi (Japanese 'seven-flavour' spice mix)**  
**2 tsp sesame oil**  
**8 Padron peppers**  
**(optional – pimientos de Padron – small Spanish green peppers)**  
**Whole baby turnips (optional) and thinly sliced radish, to serve**

Rinse the chicken and pat dry. Set aside to come to room temperature.

Heat 1 tbs peanut oil in a large saucepan over medium heat. Thinly slice the pale part of 2 spring onions, then add to the pan with the garlic and ginger, and cook for 1-2 minutes until fragrant. Add the rice wine, shiitake, dried kombu, mirin and 1/4 cup (60ml) soy sauce, and bring to a simmer. Add the chicken, then add enough hot water to completely cover the chicken (if necessary, top with a small saucer to keep the chicken submerged). Return to a simmer, then cover with a lid and cook for 15 minutes. Remove pan from heat and set aside for 2 hours or until stock has cooled (the residual heat will finish cooking the chicken).

Drain the chicken, reserving the shiitake mushrooms. Pat the chicken dry with paper towel, then joint into 6 pieces. Preheat a chargrill pan over medium-high heat. Brush chicken pieces with remaining 1 tbs peanut oil, then sprinkle with togarashi. Cook, skin-side down, for 2-3 minutes until golden and lightly charred. Remove from pan and rest, loosely covered with foil, for 5 minutes.

Return chargrill pan to medium-high heat. Whisk the sesame oil and remaining 1 tbs soy sauce in a bowl. Add the Padron peppers, if using, reserved shiitake and remaining 8 spring onion, and toss to combine. Chargrill, turning for 3 minutes or until lightly charred.

Slice the chicken and divide among plates with the chargrilled vegetables. Serve with the baby turnip, if using, and radish on the side.

## PEACHES 'N' CREAM

SERVES 4

1 Earl Grey tea bag  
1/3 cup (55g) raisins  
4 peaches (preferably slipstone), halved, stones removed  
12 cherries, pitted  
1 vanilla bean  
1 piece cassia bark or 1 cinnamon quill  
1 tsp jasmine pearls (jasmine tea hand-rolled into small pearls)  
1/2 cup (110g) raw sugar  
1/3 cup (80ml) verjuice  
300ml thickened cream  
1 tbs icing sugar, sifted  
Freeze-dried powdered raspberries (Ross uses house-made powdered dehydrated mulberries), to serve

Place the Earl Grey tea bag and raisins in a small heatproof bowl and add enough boiling water to cover raisins. Set aside for 2 hours or until the raisins have doubled in size.

Meanwhile, place peaches, cherries, vanilla bean, cassia bark, jasmine pearls and raw sugar in a 1.5L (6-cup) preserving jar, fill with hot water and seal. Place the jar in a large saucepan and fill pan with enough hot water to come halfway up the side of the jar. Bring to a simmer over medium heat and cook for 40 minutes or until peaches are tender. Carefully remove the jar from the saucepan and set aside to cool to room temperature.

Drain raisins, discarding teabag and water. Transfer to a small saucepan with the verjuice and place over medium heat. Cook for 3-4 minutes until reduced. Set aside to cool until ready to serve.

Using electric beaters, whisk the cream and icing sugar to stiff peaks.

Remove peach halves from the jar and gently peel the skin away from the flesh. Place 2 peach halves together on each serving plate with 3 cherries. Spoon over sweetened raisins and their syrup, dollop a spoonful of whipped cream onto each plate and dust cream with raspberry powder, to serve. >>

# Ross' BASKET

## PURPLE BASIL

The rather ravishing reddish to dark purple leaves of purple basil add vibrant colour to any dish, as well as a mildly spicy flavour hit with hints of licorice, mint and cinnamon. Look for fresh, bright, firm leaves with no wilting or brown markings. Try substituting for regular basil in a traditional pesto, or toss with other herbs and use in a salad.



## SOUTHERN CALAMARI

Wild-caught off the south and east coasts of Australia, southern calamari is a member of the inshore squid family and has a mottled purple to light brown appearance. Look for calamari with bright skin and a pleasant, fresh sea smell. Cleaned hoods should be white – avoid any with brown markings. To clean squid, gently hold the head and pull and twist it out of the hood, pulling the insides with it. Pull out the transparent inner quills. Cut off the tentacles from just above the eyes, then squeeze and discard the small, ball-like beak. Discard everything but the hood and tentacles. Remove skin by rubbing it with your fingers and peeling it off.

## CHICKEN

While everyone's familiar with this ubiquitous bird, did you know that chickens are sold according to their size, rather than their breed? Ideally, buy free-range and corn-fed chook, such as Ross' preferred brand, Holmabrae, for its rich texture and robust flavour.

## PEACHES

There's nothing quite like a fresh, juicy peach, but as the season draws to a close (they're available from November to April) poaching peaches is the next best thing. Look for slipstone varieties with no green patches, which indicates they have been picked before maturity, and flesh that gives lightly when touched and has a sweet fragrance. Try thinly sliced in an Asian-style prawn salad, or made into chutney with chilli and basil.

## WHAT ELSE TO BUY IN MARCH

- apples • blackberries (last of the season) • chestnuts (Vic)
- custard apples (Qld) • honeydew melon (Qld, NSW, Vic, SA)
- pomegranate (Qld, NSW, Vic, SA) • plums
  - Asian greens • broccoli • capsicum
  - leek • radishes • spring onions
  - sweet corn • tomatoes • zucchini

HAND PICKED.



Ross Lusted with  
wife and co-owner  
Sunny Lusted at  
The Bridge Room

# Dishing IT UP

When he's not behind the burners at The Bridge Room, **Ross Lusted** is designing tableware for the restaurant that complements his exquisitely wrought food.

**A**warded two chefs hats as well as the title of Chef of the Year in 2014, it's no surprise that The Bridge Room chef/co-owner Ross Lusted is one of the most respected food names in the country. However, beyond his unique flavour pairings and profound knowledge of produce, he also has an artist's eye for design that is an integral part of his Sydney restaurant.

"I grew up in a creative family. My mum was a painter, I went to art school and I've always been passionate about sculpture and architecture," he says.

One glance at the restaurant's interior and it's impossible not to notice the fine attention to colour, shape and texture, from the carefully selected Autoban leather chairs and Zuster rose-pink glassware, to the felt placemats and handmade ceramics designed by Ross.

"I first started designing plateware for the Aman Resorts hotel group, each collection a reflection of the

individual hotel's unique landscape and culture," he says. At The Bridge Room, this approach speaks to the style of the food Ross loves to prepare – often cooked over charcoal or slow-smoked in the Japanese Robata style.

"I'm most interested in the Japanese ceramic technique of Raku, made using natural glazes and fired under incredibly high heat. The resulting artwork is textured, rustic and unique, with the signature of the artist left behind on each piece."

"I'm inspired by architecture and design. My food is driven by structure, shapes and textures, and flavours are created to match," he says. As such, many of his dishes are influenced by buildings – including the southern calamari, which he says was modelled on Renzo Piano's Tjibaou Cultural Centre in Noumea, New Caledonia.

*The Bridge Room ceramics are available from Funkis: [funkis.com.au](http://funkis.com.au); [thebridgeroom.com.au](http://thebridgeroom.com.au).*





TICKETS  
ON SALE  
NOW!

## Incredible Food | Sensational Wine Hot Music | Serious Fun

MAY 14, 15, 16 & 17 2015



Cooking demonstrations with the world's best



Australia's premier food, wine & lifestyle event



Live entertainment for dancing with friends



Food trails to take you directly to the producers



Meet & chat with the celebrities



Sunset concerts & guest chef dinners

[www.noosafoodandwine.com.au](http://www.noosafoodandwine.com.au) | Bookings: The J Noosa (07) 5329 6560

## NOOSA INTERNATIONAL FOOD & WINE FESTIVAL



Proudly supported by

**Westpac**



**Westpac**

**QANTAS**





## MEET THE *producers*

Pork fans go crazy for 2012 Producer of the Year SchuAm Pork from Daniel Schuster (far left) and Damien Amery. Here's why.

### WHAT IS YOUR PRODUCT?

We raise Berkshire pigs – one of the oldest pig breeds in the world. It hasn't been that popular in the past due to its black hair, slow growth rates and high percentage of fat. It is, however, considered by many to be the premium pork for flavour and moisture, due to the extra marbling through the meat, which stops it from drying out.

### WHAT MAKES YOUR PRODUCT UNIQUE?

We feed our pigs the best possible balanced diet – a combination of barley, wheat, lupins and peas – all the grain grown on our land using sustainable agricultural methods. The pork meat is evenly marbled, resulting in tenderness with a subtle, nutty and slightly sweet flavour.

### BEST PART OF THE BUSINESS?

Receiving recognition from judges and top chefs – there's no better pat on the back than when chefs such as David Swain from Fino and Peter DeMarco from Borsa put our product on the menu.

### CAREER HIGHLIGHT?

Couldn't top winning Producer of the Year in 2012! We were stunned, as we were one

of the few land-producing products to receive an award that year. It has made a huge difference to our brand and allowed us to set ourselves apart from other Berkshire pork producers.

### BEST WAY TO COOK IT?

Oven-roasted for ultra-crisp crackling seasoned with fennel seeds, garlic and plenty of salt. 

## *Join the hunt!*

If you've found something new at a farmers' market, sampled an outstanding ingredient on a restaurant menu, or simply want to celebrate a dedicated local producer, now's your chance.

Nominate for the  
2015 *delicious.* Produce Awards at  
[deliciousproduceawards.com.au](http://deliciousproduceawards.com.au).

#PRODUCEAWARDS



**delicious.**  
**PRODUCE AWARDS** 2015



"ShuAm Pork has the sweetest fat because of the way it's marbled throughout the meat, and we all know fat means flavour!"

MAGGIE BEER, AWARDS PATRON



**WHAT:** SchuAm Berkshire Pork

**WHERE:** Freeling, SA

**FIND:** In butchers around Adelaide, including Feast! Fine Foods: [feastfinefoods.com.au](http://feastfinefoods.com.au).

# BECOME a Morning PERSON

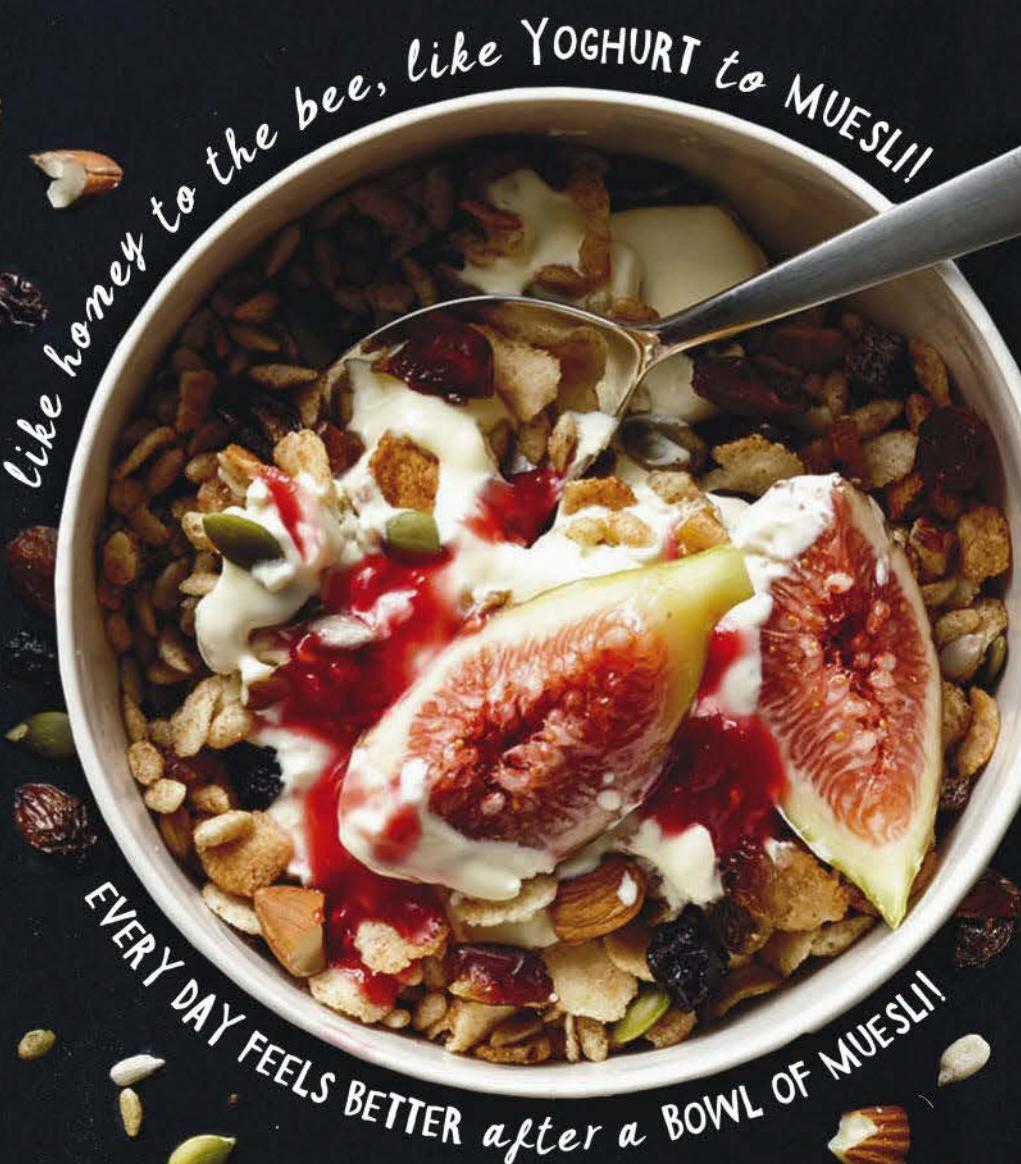
BRIGHTEN UP YOUR BREAKFAST WITH OUR DELUXE *gluten free* MUESLI. ITS WHOLESOME INGREDIENTS (LIKE SUCCULENT FRUITS, HONEY-ROASTED NUTS AND CINNAMON) MAKE IT A DELICIOUS, *low gi* canvas TO CREATE YOUR OWN BESPOKE GOURMET BREAKFAST. WHY NOT SPOIL YOURSELF WITH LASHINGS OF *sweet*, *fresh* figs AND *creamy* YOGHURT...VOILA!



for more delicious recipes visit  
[CARMANSKITCHEN.COM.AU](http://CARMANSKITCHEN.COM.AU)   
PROUDLY AUSTRALIAN MADE & OWNED

WorldMags.net

**Carman's**  
Real food made with real passion.



## TABLE TALK

**1** Bringing a slice of New York sophistication to Wollongong's wine bar scene, *THE THROSBY* (above) is the place to head for grown-up tipplers. Let the friendly staff guide you through the well-curated wine and cheese list.

**2** Produce Awards SA state judge and chef David Swain, along with host Sharon Romeo have brought their award-winning food to the Barossa, with their second *FINO* restaurant, part of the newly renovated historic Seppeltsfield cellar door.

**3** With its sunset views, quirky mismatched interiors from Kelvin Ho and Emilie Delalande of Akin Creative, plus an eastern Mediterranean menu featuring charcoal-grilled meats and seafood by executive chef Jordan Toft, *COOGEE PAVILION ROOFTOP* in Sydney is where you need to be this summer.

**4** Bronte's *THREE BLUE DUCKS* have flown north, where Darren Robertson is running the cafe/restaurant and cooking school on The Farm Byron Bay, sourcing much of his ingredients from the property. Sydneysiders need not worry, the beach venue is still, um, quacking on apace.

**5** Those despairing at not having scored a booking by ballot at *THE FAT DUCK MELBOURNE* in its February through August stint at the Crown can take heart. We low-rollers can relish the prospect of a September launch of a permanent site at Crown for *DINNER BY HESTON BLUMENTHAL*.

*Hotel Harry*

Keeping the (Latin American) home fires burning and bringing new life to Surry Hills' former Macquarie Hotel on Wentworth Avenue in Sydney is multi-level Hotel Harry. Harpoon Harry Publico is the rambunctious downstairs bar, while upstairs Paladar Dining Room and the old-Havana open-air Terrace offer a peaceful escape. Shared plates, a ceviche bar and slow-cooked meats from a custom-made barbacoa smoker are paired with cocktails, such as the frisky Paloma, made with tequila, sparkling grapefruit, lemon bitters and spiced rum.

## insider NEWS

Hot tables, lust-have products, the latest news, books & more.

## TRENDING NOW

## HOTEL BARS

» *Mondrian Hotel, London*

Stunning views over a glass of Champagne are top notch at rooftop bar Rumpus Room, at the new Mondrian Hotel (left).

» *Intercontinental Double Bay, Sydney*

Laze with a cocktail in hand as you soak up the opulence of Sydney's hottest rooftop with its infinity pool and cabana.

» *Monster Kitchen & Bar, Canberra*

Open till 1am for a yabby jaffle with horseradish creme fraiche – Canberra's coolest bar is hitting the mark well into the night.

Edited by Heidi Finnane:

@runsandheids

@heidifinnane



INSIDER.



# Nearly Noosa

One of Australia's best loved culinary events, **NOOSA INTERNATIONAL FOOD & WINE FESTIVAL** will hit the sand running for four days of celebrations, chefs' demos and tastings, from May 14 to 17. Among the many highlights are two new Hinterland Trails with chef/producer Martin Boetz, of Cook's Co-op, where you'll head to the hills to meet local farmers and lunch on their wonderful wares. And if you're super-quick, you might even bag the trail with Matt Preston as MC. For program details and tickets: noosafodandwine.com.au.



## FINDERS KEEPER

*"I like keeping Melbourne's laneways free from falling figs – they can do a lot of damage. I can't believe the council doesn't pay me!"* MATT WILKINSON, POPE JOAN

## NEW IN



Pots and pans will be positively gleaming after a clean with the **COPPER CLOTH**, made using fine copper threads. \$13, set of 2. lightly.com.au



Bringing new meaning to 'cutting edge', the **FURI PRO STAINLESS STEEL 7 PIECE BLOCK SET**, with innovative wedge-shaped handles to reduce hand fatigue. \$549. myer.com.au



Pancakes and waffles, meet your new best friend. **NOBLE HANDCRAFTED** Tullochtown Bourbon Barrel Matured Maple Syrup is so good there should be a law against it. \$39.96 (450ml). gourmetgrocer online.com.au



M E E T ...

*Award-winning architect and interior designer Pascale Gomes-McNabb*

### WHAT INFLUENCES YOU?

Books, travel, conversations, film, art and fleeting moments.

### THREE RESTAURANTS YOU

LOVE: Felix in Hong Kong, designed by Philippe Starck – beautifully detailed, amazing views and knockout toilets; Brasserie Lipp – classic Parisian bistro landscape, art deco elements and abrupt waiters; Four Seasons, NYC – timeless.

### NEXT DESIGN PREDICTION?

Metallics will be around for a little longer, but juxtaposed with pastels, timbers and mixed contrasting marbles. A soft/hard dichotomy is my style prediction.

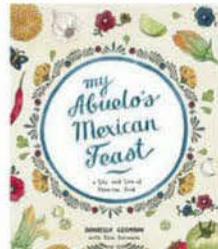
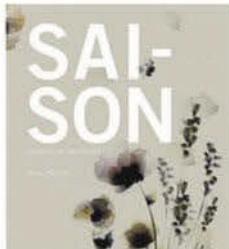
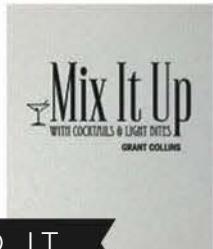
### YOUR NEXT PROJECT? The rebuild of Stokehouse, St Kilda.

# Want NEED

"A good fridge is as essential to a real cook's kitchen as sharp knives, and the **SAMSUNG CHEF COLLECTION REFRIGERATOR** ticks all the right boxes," says food editor Warren Mendes. "With a chef's pantry that keeps food chilled to -1°C, a stainless-steel chef's tray, still and sparkling-water dispenser, and temperature-controlled zones to ensure produce remains fresher for longer, this fridge would stand the test of the *delicious* kitchen. So yes, please, I'd like to upgrade from my bar fridge!" \$11,999. [samsung.com/au](http://samsung.com/au)



**ED'S  
PICK**



## READ IT

- The cocktail craze shows no sign of abating, so learn how to muddle, stir and shake like the pros with **MIX IT UP** (New Holland Publishers, \$39.99), international mixologist Grant Collins' first book.
- From the pastry chef who created the Cronut comes **DOMINIQUE ANSEL: SECRET RECIPES FROM THE WORLD FAMOUS NEW YORK BAKERY** (Murdoch Books, \$39.99). Chapters are divided by skill, plus there's a handy techniques chapter.
- Auckland favourite The French Cafe has released its second book, **SAISON** (Random House, \$79.99), sharing much-loved seasonal recipes from this evergreen restaurant.
- Daniella Germain traces the life of her *abuelo* (grandfather) in **MY ABUELO'S MEXICAN FEAST** (Hardie Grant Books, \$34.95), a collection of recipes accompanied by beautiful watercolour illustrations.



Lend a chic Scandi-edge to your table with Normann Copenhagen's **CRAFT SERIES** featuring oak and marble. From \$125. [designstuff.com.au](http://designstuff.com.au)

Weigh it up with a flourish with these fab **DEAR SEPTEMBER** 5kg kitchen scales in tangerine. \$69. [dearseptember.com.au](http://dearseptember.com.au)



# 3 of the best

Australian ceramicists creating beautiful frameworks for food.



Food stylist **MARIE-HELENE CLAUZON** creates organic shapes by hand, adding texture by using old French linen, leaves and pine cones. [mhceramics.net](http://mhceramics.net)



Handmade Limoges porcelain ware by Sydney's **MUD AUSTRALIA** is beloved by chefs and home cooks for its minimal, yet organic look. [mudaustralia.com](http://mudaustralia.com)



**MALCOLM GREENWOOD'S** gorgeous custom-made plates are a feature on top tables Australia-wide, and are renowned for their rich colour. [malcolmgreenwood.com](http://malcolmgreenwood.com)

INSIDER.

1



2



3



15



14



5



7



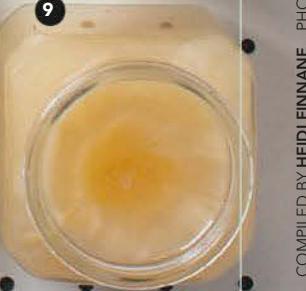
6



8



9



10



11



10



12



COMPILED BY HEIDI FINNANE PHOTOGRAPHY JASON BUSCH STYLING MEGAN MORTON

# LIQUID gold

Sweet on toast and soft on the skin, the healing benefits of honey-based products are the bees' knees.

1. Cabonne Country Honey creamed honey, \$9 (380g), [asliceoforange.com.au](http://asliceoforange.com.au).
2. Crabtree & Evelyn English honey and peach blossom body wash, \$26 (250ml), [crabtree-evelyn.com.au](http://crabtree-evelyn.com.au). **3 & 4.** Honey House Naturals bee bar lotion in lavender, \$15 (large), [honeyhousenaturals.com](http://honeyhousenaturals.com). **5.** Maya Sunny Honey 100% Raw Macadamia Crunch, \$12.50 (300g), [asliceoforange.com.au](http://asliceoforange.com.au). **6.** Lush 'Honey I washed the kids' soap, \$6.95/100g, [lush.com.au](http://lush.com.au). **7.** Kardashian Beauty Honey Stick Lip Gloss in Natural Honey, \$12, [mecca.com.au](http://mecca.com.au). **8.** The Tasmanian Honey Company Choice Tasmanian meadow honey in can, \$12 (350g), [tasmanianhoney.com](http://tasmanianhoney.com). **9.** Laura Mercier almond coconut milk honey bath, \$50 (300g), [davidjones.com.au](http://davidjones.com.au). **10.** Circa Home 1962 spiced fig & honey scented soy candle, \$19.95 (165g), [circahome.com.au](http://circahome.com.au). **11.** Burt's Bees lemon butter cuticle cream, \$14.95, [burtsbees.com.au](http://burtsbees.com.au). **12.** Il Provvidore D.Barbero Torroncini Almond Tin nougat in pink tin, \$16.95 (100g), [ilprovvidore.com.au](http://ilprovvidore.com.au). **13.** Laguiole Deboutante Ivory salad set, \$45 (2 pieces), [petersofkensington.com.au](http://petersofkensington.com.au). **14.** Bee Power Australian honeycomb, \$16.99 (350g), [beepower.com.au](http://beepower.com.au). **15.** Maine Beach organic Ligurian honey moisturising soap in Italian blood orange fragrance, \$12.95 (110g), [cocco.com.au](http://cocco.com.au).

# LIKE ENGLISH BREAKFAST? THEN YOU'LL LOVE THESE.



You'll find Ceylon, Assam and Kenyan tea leaves in your favourite cup of English Breakfast tea. And now I've hand selected the very best of these to create my loose leaf tea in a bag - the Tea Master's Selection. So don't drink the blend, enjoy the original.

*Justin Denton*  
TETLEY TEA MASTER

# COOK THE ENTIRE BOOK



With the KitchenAid® Artisan® range as your team in the kitchen, you'll master the art of delegation.

With quality performance and timeless design, the Artisan® range will become your sous chef extraordinaire. From formal dinner parties to a Sunday lunch with the family, there's no occasion too big or too small, no recipe too complicated for these versatile machines. Because when the kitchen heroes are on your side, there's so much more to make.

Find more information and culinary inspiration at [kitchenaid.com.au](http://kitchenaid.com.au)



**KitchenAid®**

# A THE *rt* OF ENTERTAINING

We asked industry insiders – from leading interior designers and fashionistas to top florists, chefs, stylists and creative directors – to share their essential hosting tips.

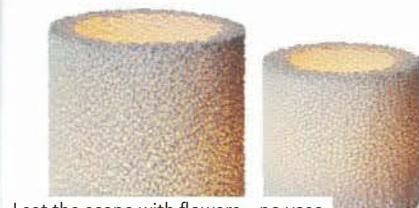




## ART OF ENTERTAINING.



**1** My dinner party playlist is an eclectic mix. I might start with 70s super-hits, then move towards Miles Davis, Ananda Shankar, **LOU REED** and **AIR**. Louise Olsen, Dinosaur Designs



I set the scene with flowers – no vase – just scattered on the table and not too colourful. Perhaps a cluster of crystal candelabras or **IITTALA TEA LIGHT HOLDERS** for instant mood.

**2** George Livissianis, interior designer

**3** March entertaining is best alfresco. Plus, the seasonal change makes for great colour coordinating. I use autumnal shades of green, maroon and rust paired with bronze accessories. **Nicole Eckels, Circa Home**

**4** Dress your table as you would your body. Make it 'you'. For me, it's all about layering. A leather hide draped on linen. A neutral paired with metallic and a splash of colour. **Jane Frosh, stylist**



**6**

You can't go wrong with centrepiece floral arrangements. Something simple and from your garden is a nice touch. Just keep them low, so guests can see over them. **Kelvin Ho, architect, Akin Creative**



**7** Flowers are key (it's hard to make them look bad). I use whatever is in season. Often I'll run around the block with my secateurs to steal whatever is in the neighbourhood. I love using herbs as part of my arrangements, too. **Sarah Doyle, Porteno, LP's Quality Meats**

**5**

I have a divine new outdoor setting, **TULLY BY ECO OUTDOOR**. It's more comfortable than my dining room! I feel as though most outdoor dining is compromised by makeshift furniture, so this is where I like to give a little love. **Megan Morton, stylist**

**8** Focus on the details good cutlery, crockery and glassware – and don't forget nice lighting.

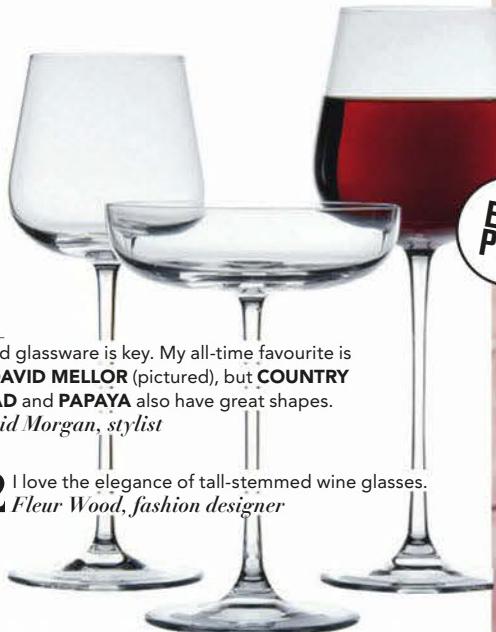
**Guillaume Brahimi, chef**

*Fylies, May  
goon goon's back  
Snapped Sashimi  
Sup Chor Bao  
Chukk Salt Duck  
Steamed Kip  
Prawns  
Tofu, Black Pudding  
Orange Celerad*

**10** The small touches make all the difference; a hand-written menu, different plateware for different courses, and flowers in the bathroom. **Justine Rose, florist**

**9** It's best to use tableware that reflects your style. What's hot in my house for 2015 is animal hide and authentic bone. I'm loving **1803 ARTISAN DEER DESIGN** knives and antler tableware. **Justine Rose, florist**





ED'S  
PICK

**11**

Good glassware is key. My all-time favourite is by **DAVID MELLOR** (pictured), but **COUNTRY ROAD** and **PAPAYA** also have great shapes.

*David Morgan, stylist*

**12**

I love the elegance of tall-stemmed wine glasses.  
*Fleur Wood, fashion designer*



**14** We're loving our new **ATELIER NAPKINS** that add so much colour and texture to the table. *Louise & Steve Olsen, Dinosaur Designs*

**17** I love Japanese ceramics in neutral tones and organic shapes. You want a bowl that feels nice in your hands when you pick it up. *Peter Gilmore, chef*

**18** I have a beautiful Saarinen marble table that pairs so well with a pottery and gold-leaf board from **SLAB & SLUB**, dishes from **BRIDGET BODENHAM** (pictured) and relaxed neutral linen napkins. *Jane Frosh, stylist*

**21** I love sparkling in a classic French coupe, but quite frankly, I'll drink out of anything!

*Sarah Doyle, Porteno, LP's Quality Meats*

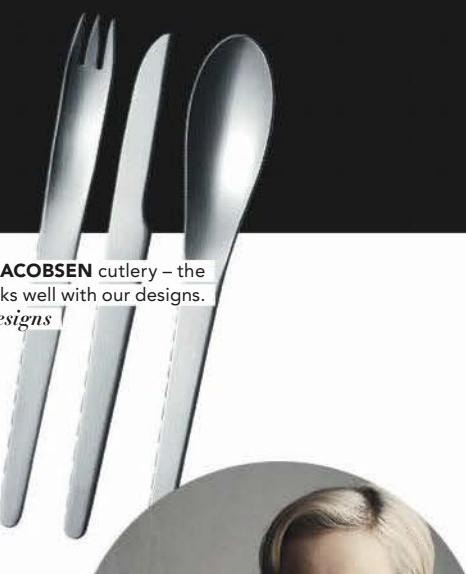


## at the TABLE



**19** **GEORG JENSEN FOR ARNE JACOBSEN** cutlery – the bold simplicity of his pieces works well with our designs. *Louise & Steve Olsen, Dinosaur Designs*

**20** My style at home is rustic – wooden tables, **LE CREUSET** pots and pans, **GLENN TEBBLE** plates, and **RIEDEL** glassware for a touch of class. *Colin Fassnidge, chef*



ART OF ENTERTAINING.



**22** In summer, Moreton Bay bugs on the barbecue with wasabi butter. In winter, a beautiful slow-cooked ragu made from veal and pork is always a winner. I try to keep it simple so I can spend some time with my guests.  
*Peter Gilmore, chef*

on the  
**MENU**



**30** Having a signature cocktail is always a fab idea. I'm loving **APEROL SPRITZ** – prosecco, Aperol, soda and a slice of orange or lime.  
*David Morgan, stylist*

**28** Anything on a woodfired barbecue, but preferably lamb or a rib-eye. I like how basic and primitive it is.  
*George Livissianis, interior designer*

**31** The ultimate aperitif is French rosé from my hometown of Provence.  
*Marie Helene Clauzon, ceramicist*

*Start with fresh seafood, followed by perfect roast beef. Finish with quality local cheeses.* **32**

*Guillaume Brahimi, chef*



**23**

I serve hot-smoked ocean trout from **BRILLIANT FOODS**.

I love that they're a small, hands-on producer, where quality always comes first. Their smoked fish is as good as anything I can replicate as a chef.

*Colin Fassnidge, chef*

**24**

Wine is always on my menu. **PETILLANT NATUREL** or Champagne to start, followed by lean and fresh whites, then a great red. Current favourites include 2012 red Burgundy.

*Nick Hildebrandt, sommelier*



**25** Slow-roasted lamb with pomegranate, lashings of tzatziki and piles of fresh herbs.  
*Jane Frosh, stylist*



**26**

There will always be buffalo chicken wings, corn chowder, and stuffed jalapeno poppers.  
*Nicole Eckels, Circa Home*

**27** After a stint in India, I have a newfound love for dark drinks. Whiskys, bourbons and rums are taking my fancy.  
*Megan Morton, stylist*



**29** A Greek table always has olives, bread and dips in the centre. My favourite dips are garlicky tzatziki, closely followed by melitzanosalata – a crushed eggplant salad perfect for dipping into.  
*Napoleon Perdis, makeup artist*

# Kewpie me!



KEWPIE Sesame Soy Sauce Japanese Dressing  
over butter beans & carrots

## KEWPIE YOUR SALAD



with one of Japan's  
favourite brands.

KEWPIE Japanese salad dressings  
and mayonnaise are available in the  
Asian food section of supermarkets  
and at leading Asian grocery stores.  
[www.oriental.com.au](http://www.oriental.com.au)



WorldMarket



# DIY DESIGN

Create your dream kitchen at the touch of a button with the latest IKEA online tools.



Give your space a modern makeover with this FAKTUM/SOFIELUND kitchen.

## YOUR PERFECT KITCHEN AWAITS

No matter the size of your space or budget, IKEA has clever kitchen appliances, stunning lighting ideas and practical storage options to suit your needs. Your ultimate cooking space is no longer just a dream.

The beauty of an IKEA kitchen is that you can customise it to suit you and your family. Design like the pros using the online IKEA Kitchen Selector and Home Planner tools, which allow you to experiment with various styles and layouts, choose finishes and explore the different cabinets, benchtops and appliances available.

If space is top of mind, there are various ways to utilise all available areas. Create layers of storage with deep drawers (right) that allow you to easily access and view their contents. Cupboards built up to the ceiling and wall-mounted cabinets provide ideal storage. Optimise corner areas with swing-out cupboards that have adjustable shelves for pots and pans.

Lighting that is both practical and beautiful can have a huge impact. When used in cabinet interiors, it will highlight glassware and provide a focal point and easy visibility, while downlights are perfect for illuminating benchtops and work spaces. Better still, stylish LED lighting consumes 85 per cent less energy than incandescent bulbs and lasts 20 times longer.

Create your dream kitchen like a design pro with the innovative IKEA online tools



1. HEDERLIG red wine glass, \$3.99.
2. BUDSKÄR kitchen mixer tap, \$199.
3. SENSUELL pot with lid, \$49.99.
4. HÄMTA carafe, \$9.99.
5. APTITLIG butcher's block, \$19.99.
6. DROPPAR pestle and mortar, \$14.99.
7. SENSUELL frying pan, \$39.99.
8. DROPPAR jar with lid, \$14.99.
9. DINERA 18-piece service, \$19.99.

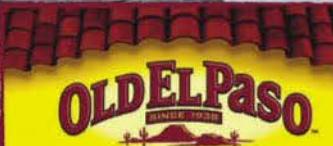
TO CREATE YOUR ULTIMATE KITCHEN:

Go in-store or visit: [IKEA.com.au/kitchens](http://IKEA.com.au/kitchens)

For information on interest-free finance, visit: [IKEA.com.au/services](http://IKEA.com.au/services). Prices valid in NSW, VIC and QLD only. ©Inter IKEA Systems B.V. 2015.



#MAKEITYOURWAY



## FISH BURRITOS

WITH SMASHED AVOCADO AND LIME

CLASSIC BURRITO FLAVOUR  
WITH A TWIST.

MAKES: 8 BURRITOS

**Old El Paso™ Burrito Kit**

700g firm, white fleshed fish,  
cut into thick long strips  
1 avocado, stone removed  
Juice of 1 lime  
1 punnet (200g) grape tomatoes,  
finely chopped  
½ small red onion, finely sliced  
½ bunch coriander, washed & chopped  
1 baby Cos lettuce, washed

1. Toss fish in Burrito Spice Mix to coat. Heat a little oil in a frying pan over a medium heat. Cook fish for 2 minutes each side or until golden brown. Remove from pan and keep warm.
2. For deliciously warm and soft tortillas follow on pack instructions.
3. Smash avocado with a little lime juice. Combine tomatoes, onion, coriander and remaining lime juice to create a fresh salsa.
4. Wrap your lettuce, fish, smashed avocado, fresh ingredients and Mild Mexican Salsa in a soft tortilla and enjoy!

Discover more delicious recipes like this from Old El Paso™ on

©General Mills.



NEW & IMPROVED TORTILLAS NOW EVEN SOFTER

WorldMags.net

HOTSPOT.



## africola

WHERE 4 Terrace East,

Adelaide, SA,  
(08) 8223 3885.

WHO Hot chef Duncan Welgemoed, and co-owner James Brown, who designed the dazzling fit-out.

THE BUZZ Everyone from Katy Perry to a who's-who of trendsetting food and wine dudes. The party keeps going with bar service well after the kitchen has closed.

THE MENU Don't let the slow-roasted cow's head scare you – there's plenty of friendlier options. Starters are small and refined; mains more of a meat-fest.

THE DRINKS A compact wine list wedges the new guard of Aussie rebels alongside more traditional South Africans. Finish with pig-fat-washed whisky with a pickle-juice chaser.

MUST EAT *Allegaartjie potjie* – beef shin, pork breast and mutton neck, slow-cooked over coals, with a sauce to die for.

# wild at HEART

Adelaide's food scene feels the heat, as Duncan Welgemoed plays with fire at his smokin' new South African braai venue, **Africola**.

### PERI-PERI CHICKEN

SERVES 4

Begin this recipe 1 day ahead.

15 bird's eye chillies,  
plus extra sliced to serve  
3 garlic cloves, blanched and chopped  
1 small bay leaf, chopped  
2 tsp smoked paprika (pimenton)  
100ml extra virgin olive oil  
100ml red wine vinegar  
1.8kg whole chicken, spatchcocked  
Coriander leaves, to serve

Preheat the oven to 180°C. Pierce chillies with a knife and place on a baking tray. Roast for 10 minutes or until fragrant. Cool.

Roughly chop the chillies, discarding stalks, then place in a saucepan with garlic, bay, paprika, olive oil, vinegar

and 1 tsp salt over medium heat and bring to a simmer for 2-3 minutes. Remove from heat and set aside to cool. Transfer chilli mixture to a blender or food processor and whiz to a puree. Transfer to an airtight container and chill completely. The sauce will keep in the fridge for up to 1 month (shake well before using).

Place chicken in a bowl. Add half the peri-peri sauce and turn to coat well. Cover with plastic wrap, then chill overnight to marinate.

Preheat a barbecue with a lid to medium-high. Cook chicken, skin-side up, for 20 minutes, then turn and cook for 10 minutes. Turn again and cook for a further 15 minutes or until juices run clear when the thigh is pierced. Cut into portions and serve with remaining sauce, extra chilli and coriander.

HOTSPOT.



# FRAME & fortune

Matt Moran adds another masterpiece to his collection with **Chiswick at the Gallery**, the perfect spot for an artful lunch.

## YELLOWFIN TUNA WITH YUZU, APPLE, CUCUMBER, SICHUAN SALT AND RIVER MINT

SERVES 4

Begin this recipe 1 day ahead.

400g sashimi-grade yellowfin tuna loin  
3 baby cucumbers, halved lengthways,  
thinly sliced on an angle  
2 tbs extra virgin olive oil  
1/2 tsp Sichuan peppercorns  
1 green apple, cut into thin matchsticks  
2 small red radishes, thinly sliced  
using a mandoline  
1/4 cup river mint leaves (outbackpride.  
com.au) or regular mint  
20g Coorong Seablite (also known as sea  
fern or sea spray; outbackpride.com.au)

### YUZU GEL

1 1/2 titanium-strength gelatine leaves  
300ml cloudy apple juice  
50ml yuzu (Japanese citrus) juice

For the gel, soak gelatine in cold water for 5 minutes. Place apple and yuzu juices in a saucepan and bring to a simmer over medium heat. Remove from heat. Squeeze gelatine to remove excess liquid, then add to pan, stirring until dissolved. Transfer to an airtight container. Chill overnight to set.

Using a sharp knife, trim tuna loin into an even log shape, then tightly wrap in plastic wrap and chill for 1 hour to firm up.

Meanwhile, place cucumber in a small bowl with 1 tbs olive oil and 1 tsp salt.

Place Sichuan peppercorns in a small frypan and toast, tossing, over medium heat for 2 minutes or until fragrant. Using a mortar and pestle, grind peppercorns with 1 tsp salt to a powder.

Remove tuna from plastic wrap and thinly slice, then divide among 4 plates. Scatter over drained cucumber, apple and radish. Dot yuzu gel around the plates and garnish with river mint and seablite. Sprinkle over Sichuan salt to serve. X

## chiswick at the gallery

WHERE Art Gallery Rd,  
The Domain, Sydney, NSW,  
(02) 9225 1819.

WHO Matt Moran and Peter Sullivan (Aria, Chiswick, North Bondi Fish), with head chef Laura Baratto.

THE BUZZ Friendly, savvy staff please a mixed crowd (art-lovers, city workers, travellers) in a Scandi fish bowl of a room – all blond wood and eye-popping Woolloomooloo views.

THE MENU From on-trend nibbles (snow crab sliders, prawn popcorn) and seasonal small plates, to Chiswick mainstays for sharing (silky-soft slow-roast lamb shoulder).

THE DRINKS Matt Dunne, Aria's head sommelier, has compiled a short, smart wine list – 'abstract white & rosé', 'montage reds' – plus wines from the cellar.

Plenty by the glass.

MUST-EAT Pumpkin ravioli; yellowfin tuna; peach Melba.

# Tefal®

presents the ultimate French Dinner



**Good France** will celebrate French gastronomy worldwide  
for one day only on **March 19, 2015**

Come to savour an exceptional French dinner,  
served simultaneously in participating Australian restaurants.

To book your nearest restaurant in Australia, visit: [WWW.goodfrance.com](http://WWW.goodfrance.com)



ACCORHOTELS.COM

MOËT & CHANDON  
Fondé en 1743

Gault & Millau  
AUSTRALIA

Pernod Ricard

France  
rendezvousenfrance.com



# FOOD fads

We're generally more fluent in churros than chlorophyll at delicious., but that's not to say we don't speak the lingo of the diets *du jour*. **Kate Skinner** investigates.

**SO YOU TAKE YOUR** meat grass-fed and your coffee bullet-proofed? Ah, you must have gone **Paleo**. You'll be

avoiding the fruits of the agricultural era such as processed foods, refined oils, grains, legumes and most dairy. If you can swallow the shock of a life without cheese (or at least temper the blow knowing you can still enjoy grass-fed butter), eating more fresh veg, natural fats and quality proteins has plenty of advantages. However, the idea that our genes have not evolved with our diets has been scientifically disputed and we do need both starch and fibre to function – there's only so much CrossFit a carb-starved body can handle before you commando roll off the wagon face-first into a bowl of spaghetti. If only Flintstone-sized cuts of meat will satisfy your primal urges, consider upping your intake of starchy tubers, including sweet potato, pumpkin and swedes for lasting energy, key nutrients and satiety.

It warns of bad breath, constipation and fatigue, but the **Dukan Diet** also comes with a big promise – to get you thin *really* quickly. Basically it's an all-you-can eat lean protein jamboree, supplemented with a smidge of oat bran every so often just to keep things 'moving along'. Unfortunately, more than a few measly grams of oat bran are needed to shift whole days of just chicken breast and eggwhites. Cynics will sneer that it doesn't matter what diet you're on; if you cut out any food group you're bound to lose weight and it stands to reason that a diet that eschews even celery for its carb count is more faddish than healthful.

At the other end of the spectrum, there's the oddly alluring **Raw, Vegan Diet** – nothing heated over 40°C, but as much raw fruit, veg, nuts and seeds as you please. Consuming a full colour palette of fresh produce is laudable, but you may risk missing out on key nutrients such as iron, zinc, vitamin D and protein. Plus, you can certainly have too much of a good thing when it comes to raw fibre. That virtuous feeling you get after imbibing a metric ton of kale in a single NutriBullet beaker won't compensate for a bout of explosive diarrhoea. Your insides might just be begging for a day of Dukan-ing, if only for some temporary relief.

But why bother, really, when now you can have your cake and eat it too – at least five days a week, that is. The booming **5:2 Diet** is based on principles of intermittent fasting, where you eat-eat-eat-fast-eat-eat-fast on repeat each week. As a food-lover, it's easy to see the appeal – five out of seven days you can eat whatever you fancy and, in theory, that's a much more balanced approach than cutting out an entire food group. In practice, however, it's difficult to stay balanced on a 'normal eating day', when all you've chewed on in the past 24 hours are a few cups of undressed veg and the eraser on the end of your pencil.

So, with so many options, what should we be eating? It's not trendy, but we should celebrate moderation over foods that are *en vogue*. So you can have your raw kale salad, and your paleo pumpkin pie, too.

Follow Kate: [W nutritionbynature.com.au](#) [f nutritionbynature](#)

## PALEO PUMPKIN PIE

SERVES 6-8

500g butternut pumpkin flesh, chopped  
600ml coconut milk  
2 cups (260g) pecans  
6 dried dates  
1 tsp pure vanilla extract  
50g grass-fed butter, melted, cooled  
1/4 cup (35g) coconut flour  
3 eggs, 1 separated  
2 tsp ground cinnamon  
1 tsp each ground nutmeg,  
cloves and ginger  
Finely grated zest of 1/2 orange  
1/3 cup (80ml) maple syrup,  
plus extra to serve  
1/4 cup (40g) pumpkin seeds (pepitas)  
Coconut yoghurt, to serve

Preheat the oven to 180°C. Grease a 24cm loose-bottomed tart pan.

Place pumpkin and coconut milk in a pan over medium-low heat and simmer, stirring, for 25 minutes or until soft. Cool.

Meanwhile, whiz pecans and dates in a food processor until finely chopped, then combine in a bowl with vanilla, butter, coconut flour, 1 eggwhite and a pinch of salt. Press mixture into the base and sides of prepared pan. Prick base with a fork, then bake for 15-20 minutes until dry.

Whiz cool pumpkin mixture, spices, zest and 1/4 cup (60ml) maple syrup in a food processor. Add remaining 2 eggs and yolk, and whiz to combine. Pour filling into base. Bake for 45 minutes or until just set.

Toss pumpkin seeds in remaining 1 tbs maple syrup. Bake on a baking paper-lined baking tray for 8-10 minutes until golden. Cool, then break into shards.

Top pie with yoghurt, pumpkin seeds and extra maple syrup.

Follow Shannon: [misspamplemousse](#)

BALANCING ACT.





# total PACKAGE

We're not ashamed to say that we're the first to be swayed by cool labelling at the bottle shop. This month, we welcome back **Mike Bennie** to our drinks page with his pick of bottles whose contents are just as good as their styling.



### MAIDENII CLASSIC VERMOUTH, \$49

A few years ago, a winemaker and a couple of bar types embarked on making Australia's first vermouth using native botanicals. Pour this spicy, herbal, citrussy vermouth over ice in a large tumbler, zest some orange over the top, then sit in a hammock, sip and enjoy.



### 2014 TOPPER'S MOUNTAIN GEWURZTRAMINER, \$35

Gewurztraminer is generally up there in the style stakes with wearing underpants over a pair of trackies. From the relatively unsung region of New England, NSW, comes a pot-pourri bouquet with ginger-'n'-spice fruitiness, resulting in one of Australia's best examples.



### 2004 DOM PERIGNON, \$250

There's long been a connection between fancy fizz and high fashion. Here, Dom Perignon goes avant-garde with innovative Dutch designer Iris van Herpen, who created this glow-in-the-dark packaging for Dom's incredibly complex and finessed 2004 wine.



### 2014 LANGMEIL LIVE WIRE EDEN VALLEY RIESLING, \$19.50

This Barossa Valley winery harked back to its German roots to bring back to life a traditional, lightly sweet, gently fizzy riesling. Live Wire is wickedly perfumed, floral and citrussy, tastes like crunchy green apples and finishes fresh.



### 2009 LONGVIEW THE PIECE SHIRAZ, \$70

Longview in the Adelaide Hills runs an annual competition for street artists to create a label for its shiraz. Sydney-based artist Beastman's work, gracing this seamless, gently spicy, full-flavoured wine, won the Top Bottle award in 2014's Wine Industry Label Competition.



### KOOINDA VALHALLA GOLDEN ALE, \$5

These days, it's all about cool craft beers. That being said, ultra-hoppy ones can be a bit of a chore, so go with something refreshingly different – Kooinda's gently fruity, lightly floral Golden Ale delights with its soft, but pleasing bitter finish.

## Boots 'n' all

Australia's longest serving female craft brewer, Samara Füss has more than 15 years' experience and leads the team at Young Henrys brewery in Sydney.

"I was one of the few women who ventured outside the lab, dragging malt around, brewing day-to-day, seeking experience. Then it dawned on me that we could do more for females in the industry," says Samara.

Eventually, she and some colleagues aligned with the US-based Pink Boots Society, a not-for-profit association working to support and empower female brewers.

Industry events and one-off brews were created in alliance with the Women of Beer project to raise funds and draw attention to women in the brewing community. In 2014, \$11,000 was raised and awarded as grants to two up-and-coming brewers to support their endeavours.

The society has chapters in NSW, Vic and WA, and is coming soon to SA and Qld.



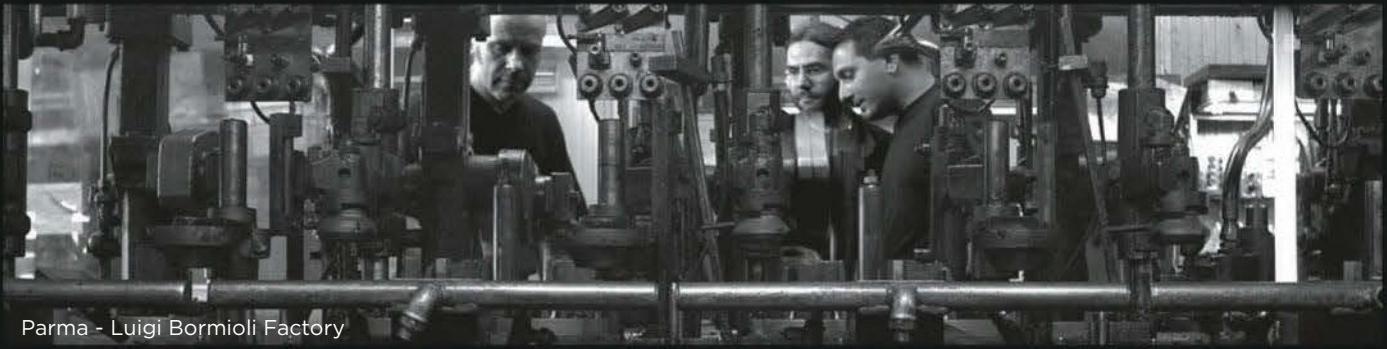
PinkBootsSocietyAustralia

Follow Mike:  @mikerism101



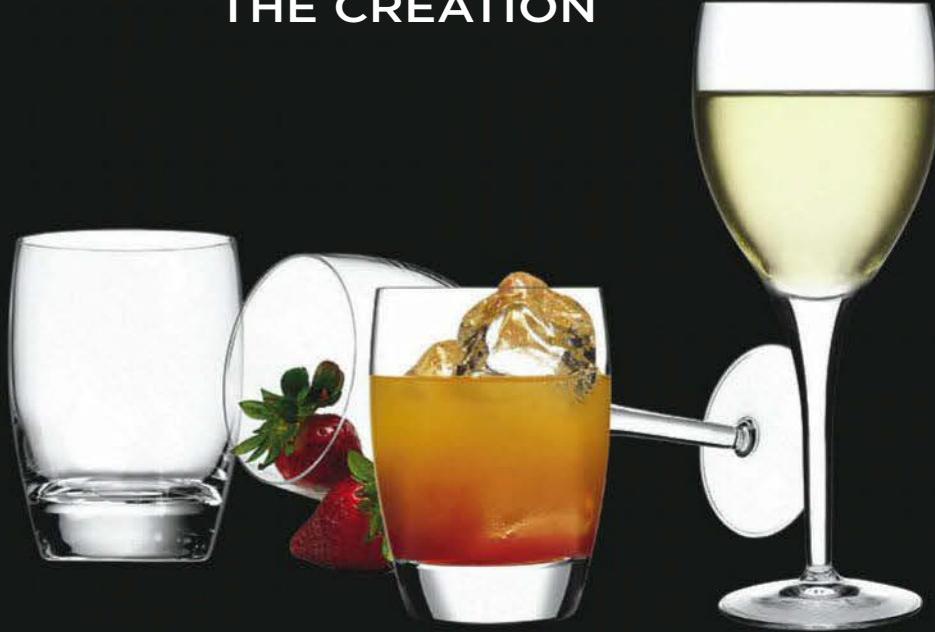
Roma - I Fori Imperiali

## THE INSPIRATION



Parma - Luigi Bormioli Factory

## THE CREATION



## THE MASTERPIECE

*Luigi Bormioli*  
ITALY

PH: 1800 651 146

WWW.LUIGIBORMIOLI.IT

Available at Myer, David Jones and specialty homewares stores.

worlumags.net



INNOVATORS.

# LOCATION *vocation*



The forgotten art of foraging is back, as chefs head off the beaten track to explore beyond their own backyards. **Anthony Huckstep** heads for the hills.

**FORAGING – IT'S THE CATCH-CRY** of a new generation of chefs. Yep, it seems those tantrum-prone tyrannosaurususes have produced protégés with a penchant for holding hands and tiptoeing through the tulips to fill their wicker baskets with a veritable bounty of botanicals.

I don't know about you, but the only foraging I tend to do is down the back of my lounge for the remote – mystery Kit Kats are a bonus. Nevertheless, if the hype is to be believed, chefs are now growing, hunting and gathering, and all in time for supper.

On the surface, it sounds like spin, but of course, slinging mud from the sidelines is easy. If you want to find substance in an ethos, you have to dig a little deeper and get your hands

“We saunter down to Shellharbour and discover all manner of edible sea plants where the deep blue meets the coastline in a foamy embrace.”

dirty. So I leave my smoky cynicism in Sin City and head to Bowral to explore NSW's Southern Highlands with Biota's award-winning chef James Viles.

While some talk the talk, James and his brigade also walk the walk, daily. They're growing amaranth, purslane, oats, lucerne, chickpeas, pea shoots and black nasturtiums on site, and foraging produce grown all over the region, sourcing South Coast seafood, and meat from Picton to Robertson.

I jump in the car with James, head chef Joel Bickford and artist Craig Waddell, who's come along for a dose of inspiration. James leads us to a row of wild apple trees – the fruit small and sour. “You could pickle these right now, but soon they'll be amazing to eat,” he says.

Fennel plants as tall as me line a canal along the train tracks. Joel harvests fronds and pollen for the night's service.

It soon becomes evident that the ingredients we purchase are growing naturally in abundance. We collect mallow, sorrel, blackberries, dandelion and watercress. James' chefs have come to understand the diversity of the land, the seasons and the best time to pick. They're actually connecting with their environment.

We saunter down to Shellharbour and discover all manner of edible sea plants where the deep blue meets the coastline in a foamy embrace. The samphire's a salty pop, the sea mustard a smack of hot English mustard, and there's also beach spinach, saltbush and nasturtiums. They're all used to add an exclamation

mark to dishes such as green almonds, purslane and fish throats, or cucumber, oysters and beach plants. The abundance is astounding.

This isn't a cunning marketing ploy; rather, it's about fostering an innate understanding of the region's produce – of time and place.

We may have one of the most diverse food cultures on the planet, but that pure sense of regionality seems to be lacking. Sure, Victoria's Lake House and Brae lead a cast of incredible restaurants that honour their locale, but James' idea is to discover food that epitomises a particular region. Think of the 20 regions of Italy, each renowned for dishes inspired by its flora, fauna and the evolution of its cooking techniques. So why not the Southern Highlands? “I think we have a responsibility to define the region in our cuisine,” says James. “Just having a restaurant in the country isn't enough.”



Follow Anthony: @huckstergram

@anthuckstep



## THE ATLANTIC AT HOME

### Cookbook by Donovan Cooke

The Atlantic's first cookbook is filled with tips and recipes for you to cook at home.

Now available in good book stores, at The Atlantic and to order online at [theatlantic.com.au](http://theatlantic.com.au)

Crown Entertainment Complex – 8 Whiteman Street Southbank VIC 3006 Australia  
T: +613 9698 8888 F: +613 9698 8899 E: [reservations@theatlantic.com.au](mailto:reservations@theatlantic.com.au) W: [theatlantic.com.au](http://theatlantic.com.au)

SUBSCRIPTION OFFER.

MARCH 2015 | VOTED AUSTRALIA'S BEST FOOD MAGAZINE

# delicious.

**50 WAYS TO ENTERTAIN LIKE A PRO**

**LONDON CALLING**  
Gorgeous recipes from Rachel Khoo's new cookbook

**+10 SPEEDY DINNERS** for weeknights

*Design ISSUE*  
Perfect plating, scene setting, what's trending

PALEO PUMPKIN PIE • COOL BARS, HOT FOOD • DREAMY DESSERT

NEALE WHITAKER  
JAMIE OLIVER Sri  
VALLI LITTLE Fast

NOVEMBER 2014 | VOTED AUSTRALIA'S BEST FOOD MAGAZINE

**delicious.**

DECEMBER 2014/JANUARY 2015 | VOTED AUSTRALIA'S BEST FOOD MAGAZINE

**delicious.**

FEBRUARY 2015 | VOTED AUSTRALIA'S BEST FOOD MAGAZINE

**delicious.**

40+ QUICK AND EASY SUMMER FAVOURITES  
KYLIE KWONG'S Chinese banquet  
VEGETARIAN INSPIRATION from Jamie Oliver's Stories

fast & FRESH

JILL DUPLER / Yummy veggie milksakes  
MATT MORAN / Australian barbecue barbecue  
JAMIE OLIVER / Brilliant brunch recipes

10 MEALS IN 30 MINUTES • HOBKING WITH JAMES VILES • AMAZING NEW ICE CREAM FLAVOURS

# 3 BONUS issues

Subscribe or extend your subscription this month for **just \$69.95** and receive **14 issues for the price of 11** – saving over \$35.



**DON'T MISS OUT!**  
*Offer ends March 22, 2015*

Visit: [magsonline.com.au/del/m1503dlc](http://magsonline.com.au/del/m1503dlc) or  
tel: 1300 656 933 and quote: m1503dlc

*Yes, I would like to subscribe to delicious.*

YOUR PAYMENT OPTIONS:

Me Gift

- 1 year (11 issues) Australia \$69.95 Save 34% + 3 BONUS ISSUES  
  2 years (22 issues) Australia \$129.95 Save 38% + 6 BONUS ISSUES

For overseas rates, please visit: [magsonline.com.au](http://magsonline.com.au).

An annual subscription to *delicious.* includes 10 monthly issues plus a double December/January issue.

MY DETAILS:

Mrs/Ms/Miss/Mr \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_ Daytime telephone \_\_\_\_\_

Email \_\_\_\_\_ DOB \_\_\_\_\_

GIFT RECIPIENT DETAILS:

Mrs/Ms/Miss/Mr \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_ Daytime telephone \_\_\_\_\_

Email \_\_\_\_\_

PAYMENT DETAILS:

Cheque/money order for \$ \_\_\_\_\_ is enclosed payable to NewsLifeMedia or charge \$ \_\_\_\_\_ to:  Visa  MasterCard  Amex  Diners Club

Card number

Cardholder's name (please print) \_\_\_\_\_

Cardholder's signature \_\_\_\_\_

Expiry date \_\_\_\_\_ / \_\_\_\_\_

**3 EASY WAYS TO SUBSCRIBE**



[magsonline.com.au/del/m1503dlc](http://magsonline.com.au/del/m1503dlc)



**1300 656 933 and quote: m1503dlc**

Overseas, tel: +61 (0)2 9282 8023



Send original or copy of this coupon  
(no stamp required) to:  
NewsLifeMedia,  
Reply Paid 87050,

**magsonline**

Offer is valid until March 22, 2015 and available for delivery to Australian addresses only. By including your email address, *delicious.* will keep you informed of offers and updates from NewsLifeMedia and specially selected partners. Please tick if you'd prefer to miss out on offers and updates from:

NewsLifeMedia  Our specially selected partners. Our Privacy Policy can be found at [magsonline.com.au/t/PrivacyInfo](http://magsonline.com.au/t/PrivacyInfo) and includes important information about our collection, use and disclosure of your personal information (including the provision of targeted advertising based on your online activities). It explains that if you do not provide us with information we have requested from you, we may not be able to provide you with the goods and services you require. It also explains how you can access or seek correction of your personal information, how you can complain about a breach of the Australian Privacy Principles and how we will deal with a complaint of that nature.



# Discover A Whole New Holiday Experience

No experience necessary, no license required

Take the helm of your own self-drive cruiser and discover, sample and experience the culinary delights, superb wines and wonderful markets of France, Italy and many more European destinations.

A Le Boat holiday will leave you with memories to cherish forever...

Toll free: 1800 118 940

@ [sales@leboat.com.au](mailto:sales@leboat.com.au) | [www.leboat.com.au](http://www.leboat.com.au)

# STUNNING



» *matt wilkinson's sensational salads*  
» *bar food from sydney's top restaurants*  
» *jamie oliver's many ways with rice*

# Dinner BY DESIGN

Valentine's Day may be a fading memory (or just ignored!), but there's no reason not to put on the Ritz for an easy, schmoozy night in, says Valli Little.





Oysters with  
beurre blanc



Recently, I and my husband, Phil, realised that we had completely overlooked Valentine's Day. That tends to happen when you've been married for more than 30 years... Our way of celebrating is to enjoy the relatively new phenomenon of a date night every now and then – often at home. It doesn't take much, really, just a beautifully set table, a cocktail or two to start and a menu of lighter style dishes. I also tend to keep it to recipes that are easy to prepare, as you don't want to spend ages in the kitchen.

### STRAWBERRY GIN MARTINI

SERVES 2

- Caster sugar, to dip
- 250g punnet strawberries, hulled, chopped
- 1 mint sprig
- 1 cup ice cubes
- 2 tbs (40ml) dry vermouth
- 150ml gin
- 2 slices pared orange zest, twisted

Place sugar on a small plate. Dip rims of 2 martini glasses in water, then dip them in sugar. Place glasses in the freezer. Using a muddler or the end of a rolling pin, muddle strawberries and mint in a cocktail shaker. Add ice, vermouth and gin, place the top on the shaker and shake well. Strain into the chilled glasses and garnish with a twist of orange zest to serve.

### OYSTERS WITH BEURRE BLANC

SERVES 2

- 1 cup (250ml) Champagne or sparkling white wine
- 2 eschalots, finely chopped
- 200g chilled unsalted butter, chopped
- 1/4 cup (60ml) thickened cream
- 1 small carrot, cut into thin matchsticks
- 1 celery stalk, cut into thin matchsticks
- 2 spring onions, cut into thin matchsticks
- Rock salt, to line
- 12 freshly shucked oysters
- Black sea salt or rock salt, to serve

Preheat the oven to 150°C.

Place Champagne and eschalot in a small pan over low heat and simmer until reduced by three-quarters. Whisking constantly, add butter, 1 piece at a time, then whisk in cream. Season. Keep warm.

Blanch vegetables for 30 seconds in boiling salted water. Drain, refresh in cold water, then pat dry with paper towel.

Line a baking tray with rock salt, add oysters and gently warm in the oven for 5 minutes or until golden. Transfer to a plate lined with black sea salt, top with vegetables and serve with beurre blanc, sprinkled with black sea salt.

VALLI'S KITCHEN DIARY.



Strawberry  
gin martini



Duck with chilli  
blood plum sauce

## DUCK WITH CHILLI BLOOD PLUM SAUCE

SERVES 2

4 blood plums, halved,  
stones removed  
1 star anise  
1 cinnamon quill  
1/4 cup (60ml) port  
2 tbs soy sauce  
1 tbs sweet chilli sauce  
Finely grated zest and juice  
of 1/2 orange  
50g thin rice noodles (vermicelli)  
2 duck breast fillets  
2 tbs olive oil  
3cm piece of ginger,  
thinly sliced  
1 cup micro herbs (we used coriander,  
rocket and red garnet)

Preheat the oven to 190°C. Place plums in a small baking dish with star anise and cinnamon. Combine port, soy, sweet chilli, orange zest and juice in a small jug and pour over plums. Roast for 10-15 minutes until plums are tender. Set aside to cool. Cut into wedges.

Cook noodles according to packet instructions, drain, refresh and set aside.

Season duck breasts and lightly score the skin with a sharp knife. Heat 1 tbs oil in a frypan over medium heat and cook duck, skin-side down, for 3 minutes or until fat renders and skin is crisp. Transfer to a baking tray, skin-side up, and roast for 8-10 minutes for medium-rare or until cooked to your liking. Rest, loosely covered with foil, for 5 minutes.

Meanwhile, heat remaining 1 tbs oil in a frypan over medium-high heat and cook ginger for 1-2 minutes until crisp. Drain on paper towel.

Divide noodles between 2 serving plates. Slice duck and place on top, then add plum sauce. Scatter with herbs, and top with ginger to serve.



Crumbed asparagus with  
smoked salmon sauce

"The beauty of this menu is that you can prepare some of the elements ahead, to cut down time in the kitchen on the night."

## CRUMBED ASPARAGUS WITH SMOKED SALMON SAUCE

SERVES 2

1/2 cup (120g) creme fraiche  
1 tbs lime juice  
100g smoked salmon  
1 tsp wasabi paste  
1 egg, lightly beaten  
1/2 cup (25g) panko breadcrumbs  
(coarse Japanese breadcrumbs)  
1/3 cup (25g) grated parmesan  
1 bunch asparagus, trimmed  
Olive oil, to shallow-fry  
1/4 cup micro herbs (we used  
micro basil – optional)  
Lemon wedges, to serve

Place creme fraiche, lime juice, smoked salmon and wasabi paste in a small food processor. Season, then whiz to a smooth puree. Transfer to a serving bowl, cover and refrigerate until needed.

Place beaten egg in a bowl. In a separate bowl, combine breadcrumbs and parmesan. Dip asparagus stems (not spears) in egg, then coat in crumb mixture.

Heat 1cm oil in a deep frypan over medium heat. Add asparagus and cook, turning, for 1-2 minutes until tender and crumbs are golden and crisp. Drain on paper towel.

Divide smoked salmon sauce between 2 plates, top with asparagus and herbs if using, and serve with lemon wedges.



White chocolate bark

"You could use other seasonal fruit in the terrine – perhaps mango or lychees instead of the berries for a tropical twist."

#### RICOTTA, RASPBERRY & PASSIONFRUIT CURD TERRINE

SERVES 8

While this recipe makes enough for eight people, it will keep well in the freezer, although you might be tempted to have it for breakfast the following day! Begin this recipe 1 day ahead.

400g ricotta  
3/4 cup (165g) caster sugar  
300ml thickened cream  
100g soft Italian nougat, chopped  
80g store-bought meringue, crumbled  
1/4 cup (75g) condensed milk

100g raspberries, plus extra to serve  
1/3 cup (60ml) passionfruit curd (recipe follows) or store-bought lemon curd, plus extra to serve

Line a 8cm deep, 13cm x 20cm terrine with plastic wrap, leaving plenty overhanging the sides to cover surface.

Place the ricotta and sugar in a food processor and whiz until combined. Using electric beaters, whisk the cream to soft peaks, then gently fold into the ricotta mixture with the nougat, meringue, condensed milk, raspberries and passionfruit curd. Pour mixture into the lined terrine, cover surface

with the overhanging plastic wrap and freeze overnight or until set.

Invert terrine onto a serving platter, gently pulling on the plastic wrap to remove terrine. Serve sliced with extra passionfruit curd and raspberries.

#### PASSIONFRUIT CURD

MAKES 1 CUP

Passionfruit curd will keep in the fridge for up to 1 month.

4 egg yolks  
1/2 cup (110g) caster sugar  
100ml lemon juice  
Finely grated zest of 1 lemon  
3 passionfruit, pulp removed  
60g unsalted butter

Whisk together yolks and sugar until combined, then place in a saucepan with the remaining ingredients. Cook, stirring constantly, over a very low heat until mixture is thick. Pour into a 250ml sterilised jar, seal and set aside to cool.

#### WHITE CHOCOLATE BARK

SERVES 2-4

Sunflower oil, to brush  
150g white chocolate, chopped  
2 tsp red sanding sugar (a clear, sparkly baking sugar – we used Williams Sonoma brand)  
Espresso, to serve

Line a baking tray with foil, then lightly brush with oil.

Place chocolate in a heatproof bowl set over a saucepan of simmering water (don't let the bowl touch the water) and stir until melted and smooth. Pour melted chocolate over the prepared tray and set aside to cool to room temperature. Sprinkle with sanding sugar, then transfer tray to the fridge to harden. Break into shards and serve with espresso. X

**Chocolate bark:** Vitra Isamu Noguchi 'Prismatic' coffee table, Space.  
**Passionfruit curd meringue:** platter in Indigo, Shikori. For stockist details, see Directory, p 157.



Ricotta, raspberry  
& passionfruit curd terrine





MATT WILKINSON.

# DRESSED FOR DINNER

For too long overlooked and seen as 'plate fillers', salads, in all their glorious seasonal diversity, have been elevated to star status by Melbourne chef, green thumb and regular *delicious.* contributor Matt Wilkinson in his new book, *Mr Wilkinson's Simply Dressed Salads.*



So where do we start? Simple, really. Let's look at the book's title: *Mr Wilkinson's Simply Dressed Salads*. Why salads? Let me explain. I think of most food groups as a salad; the salad is one of the most diverse food groups ever,

in some way or form. A burger is a burger, and a curry is a curry... but salads are so wonderfully variable and can be hot or cold, simple or complex. Any ingredient can be made into a salad – any vegetable, fruit, grain, pulse, seafood or meat – not just salad leaves. A salad to me is simply a marriage of flavours and textures that you bring together; dress it right and there you have it. For me, a salad is primarily designed to share, but on occasion can be brilliant on its own for breakfast, lunch or dinner, or any of the meals in between.



## G&T DRUNKEN CHICKEN WITH CARROTS AND DUKKAH

SERVES 2

A simple way to poach chicken, playing on the Chinese version of drunken chicken. Please note: sipping a gin and tonic while making this dish is a must.

2 x 230g chicken breast fillets,  
each cut into thirds lengthways  
200ml gin  
1 tbs white sugar  
1 star anise  
6 juniper berries  
3 pieces store-bought dried mandarin  
peel or fresh orange or lemon peel  
800ml tonic water  
8 baby (Dutch) carrots,  
halved lengthways  
3 radicchio leaves, shredded  
4 large sorrel leaves, thinly sliced  
2 spring onions, thinly sliced  
1 tsp finely chopped pickled ginger,  
Olive oil, to drizzle  
2 tbs dukkah

Place the chicken in a bowl large enough to hold up to 3L (12 cups) of liquid. Place gin in a large saucepan with the sugar, spices, citrus peel and 1 tbs salt. Bring to the boil, then remove from the heat, stir in tonic water and set aside to cool. Pour cooled liquid over the chicken, cover and marinate in the fridge for 1-2 hours.

Strain the marinating liquid back into the saucepan, leaving chicken in the bowl. Bring the liquid to the boil once again, then remove from the heat.

Immediately add the chicken to the hot liquid. Cover with a lid and set aside for 20 minutes or until cooked through.

Drain chicken, transfer to a plate and chill until cool. Discard poaching liquid. Once cooled, shred the chicken and place in a serving bowl.

Wash out the saucepan, half-fill with water and bring to the boil. Add the carrots and cook for 6-8 minutes until tender. Drain, cool and add to the chicken.

Add radicchio, sorrel, spring onion and pickled ginger to chicken mixture. Drizzle with oil, season, and toss to combine. Sprinkle with dukkah to serve.

MATT WILKINSON.



G&T drunken chicken  
with carrots and dukkah

MATT WILKINSON.



Noodles with broad  
beans, peas and spicy  
lemon dressing

## WARM SALAD OF FREGOLA, CHORIZO AND MUSSELS

SERVES 2

- 1 cup (200g) fregola (Sardinian couscous)
- 2½ tbs olive oil, plus extra to drizzle
- 100g fresh chorizo, finely chopped
- 1 small carrot, finely chopped
- 1 celery stalk, finely chopped
- 16 large mussels, scrubbed, debearded
- 1-2 tbs harissa (North African chilli paste), to taste
- 1 tbs chopped flat-leaf parsley

Bring a saucepan of water to the boil. Add the fregola and cook for 7-8 minutes until al dente. Drain, reserving ½ cup (125ml) cooking liquid, and set aside.

Heat the oil in a saucepan over medium heat. Add the chorizo, carrot and celery, and cook for 5-6 minutes until softened, then season. Increase heat to high and cook, stirring, for a further 1 minute.

Add the mussels, cover with a lid and cook for 3-5 minutes until mussels have opened. Spoon out mussels, discarding any unopened ones, and set aside.

Add harissa to taste with the reserved cooking liquid and cook, uncovered, for a further 1-2 minutes until the mixture has reduced slightly. Remove from the heat, pour over the fregola and stir to combine. Add the mussels and most of the parsley. Transfer to a serving plate, sprinkle with the remaining parsley, drizzle with extra olive oil and serve.

## NOODLES WITH BROAD BEANS, PEAS AND SPICY LEMON DRESSING

SERVES 2-4

There is something so refreshing about this salad. It's the perfect lunch dish for me – healthy, clean and filling.

- 270g packet udon noodles
- 1 cup (175g) podded fresh or frozen broad beans
- 1 cup (155g) podded fresh or frozen peas
- 2 tbs sesame seeds, lightly toasted
- 4 spring onions, thinly sliced

### SPICY LEMON DRESSING

- Juice of 1 lemon
- 1 tbs rice wine vinegar
- ¼ cup (60ml) soy sauce
- 1 garlic clove, crushed
- 1 tsp chilli paste
- 150ml grapeseed oil

Bring a large saucepan of water to the boil. Add the noodles and cook for 10 minutes, then drain and rinse under cold water until cool.

Meanwhile, bring a small saucepan of water to the boil. Add the broad beans and cook for 1-2 minutes until tender.

Remove using a slotted spoon and refresh under cold water. When the broad beans are cool enough to handle, gently squeeze out of their leathery skins.

Add the peas to the same saucepan of water the beans were cooked in. Cook for 2-3 minutes until tender, then drain.

Once noodles are cool, place in a bowl. Add the peas, broad beans, half the sesame seeds and half the spring onion.

For the dressing, combine all the ingredients in a bowl and whisk to combine, then season.

Drizzle the noodles with the dressing and toss to coat. Top with the remaining sesame seeds and spring onion to serve.



Warm salad of fregola, chorizo and mussels

## SALAD OF GOLDEN BEETROOT, PICKLED PLUM, PANCIETTA AND MAPLE SYRUP

SERVES 4 AS A STARTER

*This recipe is one of the many beautiful lunchtime specials we've had at Pope Joan from executive chef Jason Newton. Store leftover dressing in an airtight container in the fridge for up to 1 week.*

- 12-14 baby golden beetroots
- 2½ tbs caster sugar
- ⅓ cup (80ml) apple cider vinegar
- 2 star anise
- 10 black peppercorns
- 3 firm plums, stones removed, cut into wedges
- ⅓ cup (95g) smoked yoghurt or thick Greek-style yoghurt
- 1 small handful mache (lamb's lettuce)





2 small watermelon radishes or regular radishes, trimmed, thinly sliced  
1/4 cup (25g) walnuts, toasted, crushed

**PANCETTA, ORANGE & MAPLE DRESSING**

230ml olive oil  
100g flat pancetta or bacon, finely chopped  
2 eschalots, finely chopped  
1 garlic clove, finely chopped  
1 tsp bottled horseradish  
Juice of 1 orange  
2 tbs sherry vinegar  
or red wine vinegar  
100ml maple syrup

Give the beetroots a good scrub. Trim off the tops and tails. Place in a large saucepan with the sugar, vinegar, star anise and peppercorns. Pour in enough cold water to cover the beetrots. Bring to the boil, then reduce heat to low and simmer for 25-30 minutes until cooked through. Set aside to cool. Strain the beetroot pickling liquid into a saucepan (discarding solids) and place over medium heat. Simmer for 7-10 minutes until reduced by half.

Meanwhile, peel the cooled beetrots by rubbing each one between your fingers. Cut the beetrots into quarters and place in a bowl. Pour the reduced pickling liquid over the beetroot, reserving 1/2 cup (125ml) for the plums, and set aside until ready to serve.

For the dressing, heat 1 1/2 tbs oil in a frypan over medium heat. Add the pancetta and cook for 1-2 minutes, then add the eschalot and garlic, and cook for a further 2-3 minutes until softened but not coloured. Add the horseradish paste, orange juice, sherry vinegar and maple syrup, and simmer, skimming off any impurities that rise to the surface, for 3-4 minutes until reduced by half. Remove from the heat and whisk in the remaining 200ml oil.

Preheat a chargrill pan to medium. Cook the plums for 1-2 minutes each side, then place in a bowl with the reserved beetroot pickling liquid. Set aside for 10 minutes to pickle.

To serve, remove the beetroot from the pickling liquid, discarding liquid, and gently warm in a pan over medium heat. Spread the yoghurt over 4 serving plates. Remove the plum from the pickling liquid, discarding liquid, and add to the beetroot with some mache and radish, gently layering the salad. Spoon over generous amounts of dressing, then top with the crushed walnuts to serve.

**TORN FIGS AND GRAPES WITH ALMONDS AND STRAWBERRY BALSAMIC**

**SERVES 2**

*Whether used in dishes sweet or savoury, figs just rock. I warm the fruit in the oven to give the figs a sun-warmed feel.*

**6 ripe figs**

**1 small bunch grapes**  
(I like to use Menindee grapes or seedless muscats)  
**1 tbs chopped almonds**  
**1 tbs caster sugar**  
**2 tbs strawberry balsamic vinegar or regular balsamic vinegar**  
**Mascarpone, to serve**

Preheat the oven to 180°C.

Tear each fig into three pieces and place in a small baking dish. Tear the grapes in half or cut them using a small knife and add to the fig. Add the almond and sugar, and gently toss to combine. Roast for 3-4 minutes until the fruit mixture is just warmed through.

Divide the fruit mixture among serving plates or bowls. Drizzle with balsamic vinegar and add a good scoop of mascarpone to serve. X

**Mr Wilkinson's Simply Dressed Salads, by Matt Wilkinson (Hardie Grant Books, \$49.95), is on sale nationally from March 1, 2015.**



MATT WILKINSON.



Torn figs and grapes  
with almonds and  
strawberry balsamic

AUSTRALIAN FLAVOURS.

# RAISING THE BAR

Fancy an elegant night on the town but more inclined to snack and sip than sit down for the full extravaganza? **Melissa Leong** pulls up a stool at some of Sydney's top establishments to investigate the trend for dining at the bar.





## ROCKPOOL

Chicken wings  
with kombu butter  
(recipe p 88)



There's something to be said for hiring a sitter, donning a new outfit and sashaying out for an indulgent evening of dining. A swanky space, waiters who glide and food that doubles as ephemeral art, can be as transportive as a night at the theatre. There are times though, when you don't necessarily feel like dedicating an entire evening worshipping at the temple of food, but still want a refined experience. In that case, the bars in top establishments such as Rockpool, Sepia, Momofuku Seiobo, Bentley Restaurant & Bar and Icebergs Dining Room & Bar are where Sydney's scene is kicking goals right now. Think of it as luxe for less: all the atmosphere of an exclusive restaurant, minus waiting months for a table and the hefty price tag (bar menus tend to be lighter on the wallet).

Rockpool's head chef, Phil Wood, says diners find it a novel approach to eating at the restaurant: "Many dishes are intended to be shared, and the bar menu is basically a series of tasty snacks you can pick and choose from. It's designed to be fun." Sepia's co-owner, Vicki Wild, agrees. "Most of our bar menu is cooked on the *binchotan* (a Japanese charcoal-fuelled barbecue). It's a style of cooking that Martin [Benn, head chef and co-owner] loves and it's more casual than our restaurant menu. It's so popular with some customers, we even have a regular who's been sitting in the same spot at the bar at least once a week for the last few years!"

If you want to know what chefs like to eat, the bar menu is a good place to find out. While a slightly more complex version of Rockpool's chicken-wing "lollipops" appears on the restaurant menu, our simplified recipe isn't just a hit at the bar. "We love eating them as a staff meal, too," says Phil Wood.

Momofuku Seiobo's Ben Greeno is similarly inspired by ingredients he sources for the main event. "We looked at the amazing produce we get in, and sometimes we only use a certain part of it. The bar menu is a great way of getting inventive and having fun with other parts of these ingredients, while offering diners a point of difference."

Bar menus are by no means sub-standard – The Bentley Bar's pastrami sandwich with triple-cooked chips is about as fancy a sandwich as you are likely to find. Icebergs Dining Room's executive chef, Monty Koludrovic, says it's the blending of excess and accessibility that makes it a winning combination. "Bar menus are all about comfort and familiarity, but in a restaurant context, we can take that idea and amp up the flavours and execution," he says.

## MOMOFUKU SEIOBO

### BRUSSELS SPROUTS WITH FISH SAUCE VINAIGRETTE

SERVES 4 AS A STARTER

You will need a kitchen thermometer.

Sunflower oil, to deep-fry  
500g Brussels sprouts, halved  
1/4 bunch coriander, leaves picked  
1/4 cup finely chopped mint leaves

#### FISH SAUCE VINAIGRETTE

1/4 cup (60ml) fish sauce  
1 tbs rice vinegar  
1/2 lime, charred, juiced  
1 1/2 tbs caster sugar  
1 garlic clove, crushed  
1 each small red chilli and small green chilli, thinly sliced

For the vinaigrette, combine all the ingredients with 2 tbs water in a bowl.

Half-fill a deep-fryer or large saucepan with oil and heat to 180°C. Carefully add the Brussels sprouts and cook, in 2-3 batches, for 1-2 minutes until the outside leaves are dark brown and sprouts are tender. Drain on paper towel.

To serve, place the sprouts, coriander and mint on a serving plate, drizzle over 1/3 cup (80ml) vinaigrette and toss gently to combine.

AUSTRALIAN FLAVOURS.

## MOMOFUKU SEIODO

Brussels sprouts with  
fish sauce vinaigrette

WORDS MELISSA LEONG PHOTOGRAPHY PETRINA TINSLAY STYLING DAVID MORGAN  
RECIPES MARTIN BENN, BEN GREENO, MONTY KOLUDROVIC, BRENT SAVAGE & PHIL WOOD



## AUSTRALIAN FLAVOURS.

# ICEBERGS

## CRUDO OCEAN TROUT WITH SQUID CRACKERS AND BAGNA CAUDA

SERVES 4 AS A STARTER

You will need a kitchen thermometer.  
Begin this recipe 1 day ahead.

1 tbs olive oil

80g squid tube, cut into 1cm pieces

Finely grated zest and juice of 1/2 lemon

2 marinated white anchovies

(boquerones), finely chopped

300g sashimi-grade ocean trout,  
cut into 1cm pieces

1/2 fresh horseradish root, finely grated

8 nasturtium leaves (optional)

### SQUID CRACKERS

60g tapioca pearls

2 tsp squid ink

Sunflower oil, to deep-fry

### BAGNA CAUDA

1/2 tbs olive oil

6 garlic cloves, chopped

2 eschalots, chopped

3 anchovy fillets in oil,  
drained, chopped

50ml milk

100ml pure (thin) cream

50g unsalted butter

For the squid crackers, place tapioca and 400ml water in a saucepan over medium heat. Bring to the boil, then reduce heat to medium-low and cook, stirring, for 10-15 minutes until tapioca pearls turn translucent and the mixture thickens. Add the squid ink with a pinch of salt and cook, stirring, for a further 1-2 minutes until combined. Spread mixture in a thin layer over a baking tray lined with baking paper, then set aside to dry overnight.

The next day, half-fill a deep-fryer or large saucepan with sunflower oil and heat to 180°C. Tear dried tapioca sheet into small pieces and deep-fry, in batches, until puffed. Drain on paper towel.

For the bagna cauda, heat olive oil in a small saucepan over medium heat and cook the garlic, eschalot, anchovy and 1/4 tsp salt for 3-4 minutes until soft and

fragrant. Add the milk and cream, and cook for a further 3-4 minutes until slightly reduced. Cool slightly, then transfer mixture to a blender and whiz until smooth and combined. Place butter in a small frypan over high heat, season and cook, stirring, until milk solids turn dark brown. Strain off most of the melted clarified butter through a fine sieve (reserve for another use), then add the burnt milk solids to the cream mixture and whiz to combine.

To make the crudo trout, heat the olive oil with a pinch of salt in a frypan over medium-high heat. Cook the squid for 1-2 minutes until just cooked. Add lemon zest and anchovy, stir to combine, then set aside to cool. Add the trout, stir to combine and season to taste.

When ready to serve, add lemon juice to the crudo trout and stir to combine. Spread bagna cauda among 4 plates and top with crudo trout. Serve topped with squid crackers, grated horseradish and nasturtium leaves, if using.



ICEBERGS

BEST

EATS

Spicer Nuts & Seeds



## ICEBERGS

Crudo ocean trout with squid  
crackers and bagna cauda

## AUSTRALIAN FLAVOURS.

"Bar menus are all about comfort and familiarity, but in a restaurant context, we can take that idea and amp up the flavours and execution." In other words, these hot chips ain't the ones you grew up eating...

### BENTLEY BAR

#### PASTRAMI SANDWICH WITH TRIPLE-COOKED CHIPS

SERVES 4

You will need a kitchen thermometer.  
Begin this recipe 1 day ahead.

- 6 desiree potatoes,  
cut into 1.5cm-thick chips
- 10 thyme sprigs
- 2 garlic cloves, chopped
- Sunflower oil, to deep-fry
- 8 slices sourdough
- 20 slices pastrami
- 3 Padron peppers (pimientos de Padron  
– small Spanish green peppers)  
or 2 long green chillies, thinly sliced

#### PICKLED RED CABBAGE

- 1/4 cup (60ml) Fomrv Chardonnay
- Vinegar or other white wine vinegar
- 1 1/2 tbs rice vinegar
- 1/2 tsp black peppercorns
- 1/2 tsp coriander seeds
- 2 bay leaves
- 2 tbs caster sugar
- 1/4 red cabbage, thinly sliced

#### PARSLEY & CAPER AIOLI

- 1/3 cup (100g) aioli
- 1 tbs each finely chopped capers,  
dill pickle, dill and flat-leaf parsley  
leaves

#### MUSTARD & HORSERADISH SAUCE

- 2 tbs bottled horseradish
- 1 tbs hot English mustard
- 1 tbs lemon juice
- 2 tbs olive oil

Bring a large saucepan of salted water to the boil over high heat. Reduce heat to medium, add the potato chips, thyme and garlic, and cook for 5 minutes or until the potato is just tender. Drain, discarding thyme and garlic. Transfer chips to a baking tray. Chill in the fridge overnight to dry out.

The next day, for the pickled cabbage, place the vinegars, peppercorns, coriander seeds, bay leaves, sugar, 1/3 cup (80ml) water and 3 tsp salt in a saucepan and bring to the boil over medium heat. Place the cabbage in a heatproof bowl and pour over the hot liquid. Cover and set aside to cool.

For the parsley and caper aioli, combine all the ingredients in a bowl. Season and set aside.

For the mustard and horseradish sauce, whisk together all the ingredients in a bowl, then set aside.

Half-fill a deep-fryer or large saucepan with sunflower oil and heat to 140°C. Deep-fry the chips for 7 minutes or until light golden. Drain on paper towel and set aside to cool slightly. Increase heat until oil temperature reaches 180°C. Return the chips to the oil and deep-fry for a further 5 minutes or until golden and crisp. Drain on paper towel, and sprinkle with salt. Set aside to cool slightly.

Place the sourdough on a board. Spread 4 slices with the mustard sauce and the other 4 slices with parsley and caper aioli. Top the mustard-coated slices with pastrami, then season. Drain the pickled cabbage, then place on top of pastrami. Top with the peppers. Sandwich with the aioli-coated slices. Serve the sandwiches with chips.

# BENTLEY BAR

Pastrami sandwich  
with triple-cooked chips



## ROCKPOOL

### CHICKEN WINGS WITH KOMBU BUTTER

SERVES 6 AS A SNACK

You will need a kitchen thermometer.

- 9 chicken wings, wing tips removed
- 600ml buttermilk
- 1/4 cup (60g) sea salt flakes
- 20g salted and dried kombu (seaweed)
- 200g softened unsalted butter
- 1 tbs kombu tsuyu (kombu extract)
- Sunflower oil, to deep-fry
- 3/4 cup (100g) rice flour

Using a knife, separate a wing at the joint into two pieces. Grip the exposed bone at one end and use a small knife to push all the meat to the opposite end, to form a length of bone topped by a knob of meat, then trim the end of the bone. For the piece with two bones, remove the larger bone. Repeat with remaining wing pieces. (You could ask your butcher to do this for you.)

Combine the buttermilk and salt in a bowl. Add the wing pieces and toss to coat. Cover and refrigerate for 3 hours to marinate.

To make the kombu butter, rinse the dried kombu under cold water and very finely chop. Combine with butter and kombu tsuyu, then chill until ready to use.

Half-fill a deep-fryer or large saucepan with oil and heat to 160°C. Drain the chicken from the buttermilk, then toss in the rice flour. Deep-fry the chicken, in batches, for 6 minutes or until golden and cooked through. Serve topped with knobs of the kombu butter.

## SEPIA

### GRILLED CHICKEN WITH YUZUKOSHIO

SERVES 6-8 AS A SNACK

You will need 16 bamboo skewers.

- 1 garlic clove, crushed
- 2 tsp grated ginger
- 1 1/2 tbs soy sauce
- 1 tbs mirin (sweet Japanese rice wine)
- 3/4 tsp yuzukoshio  
*(Japanese yuzu chilli paste)*
- 4 x 180g chicken breast fillets,  
each cut into 4 strips
- 2/3 cup (165ml) kabayaki sauce  
*(Japanese soy, mirin and sugar  
reduced to a syrupy sauce)*
- Shichimi togarashi (Japanese  
'seven-flavour' spice mix) and micro  
shiso leaves (optional), to serve

Soak the skewers in cold water for 20 minutes.

Place the garlic, ginger, soy, mirin and 1/2 tsp yuzukoshio in a bowl and stir to combine. Add the chicken and turn to coat well. Cover and refrigerate for 1 hour to marinate.

Thread the chicken onto the soaked bamboo skewers and place on a tray.

Preheat a barbecue or chargrill pan to high. Combine the kabayaki sauce and remaining 1/4 tsp yuzukoshio in a bowl. Chargrill chicken, basting with the kabayaki mixture, for 2-3 minutes each side until caramelised and cooked through.

Transfer the skewers to a serving plate. Sprinkle over a little togarashi and garnish with shiso leaves, if using, to serve.

**SEPIA**  
Grilled chicken  
with yuzukosho



# NEALE DAVID

*at home*

Neale Whitaker, founding editor-in-chief of *delicious.*, now judge on *The Block* and editor-in-chief of *Vogue Living*, invites us for a leisurely lunch at the stylish house he shares with partner David Novak-Piper.



ENTERTAINING.



Lobster salad with herby  
creme fraiche (recipe p 96)



## ENTERTAINING.



When it comes to entertaining, design guru Neale Whitaker and his partner, hair and makeup artist, and stylist David Novak-Piper, like to keep things relaxed and laid-back.

"There's nothing better than a long, lazy lunch, if you have the time, and Saturday is better than Sunday, because then you have an extra day to recover," says Neale. "We're not great planners, so we tend to do things on the spur of the moment."

The pair, who love entertaining outdoors, are wonderful hosts, and today's guests include old friends, interior designer Jason Mowen and Penny Hanan, owner of 1803 Artisan Deer Design. "I love having people over because David cooks," says Neale. "I just get in the way – so I sit on the other side of the kitchen bench and watch. He can do it all so quickly – he has the menu in his head. All I have to do is make the house look nice, dress the table, open a few bottles of wine and approve the menu!"

David, a former chef, is inspired by fresh ingredients he finds at the local market. Today, they include lobster, figs and other seasonal fruits. "I don't really stick to recipes. I often try and emulate something I've eaten at a restaurant," he explains.

"I always give myself away," laughs Neale. "I make it so obvious that I've had no part in the cooking. I'm like a guest myself and I'll ask, 'Oh, what's this?' David once cooked for Bill Granger and he was very impressed – he loved it. It's nice having people to our home. For us, a great time out is actually a great time at home with good friends."

### CREME FRAICHE DRESSING

**MAKES 500G**

1 cup (300g) whole-egg mayonnaise  
Juice of 1/2 lemon  
200g creme fraiche

Combine all ingredients in a bowl. Season, then cover and chill until ready to use.

### PRAWN & BRIOCHE TOASTIES

**SERVES 4 AS A CANAPE**

1/4 quantity creme fraiche dressing (recipe above)  
1/2 cup each flat-leaf parsley, mint and chervil, leaves picked  
450g brioche loaf, cut into 8 slices  
12 cooked medium prawns, peeled, halved lengthways  
15g punnet micro parsley, picked

Place creme fraiche dressing in a small food processor. Add herbs and whiz until smooth. Season and set aside.

Preheat a chargrill pan or grill to medium-high. Grill the brioche for 1 minute each side or until golden and lightly charred. Set aside to cool.

Spread brioche slices with the herb creme fraiche dressing. Top 4 slices with prawns, then season and sprinkle with micro parsley. Sandwich with remaining brioche slices, then cut each toastie into 3 fingers to serve.

### GORGONZOLA & PROSCIUTTO FIGS

**SERVES 4 AS A CANAPE**

4 figs, halved lengthways  
1 tbs balsamic glaze  
100g gorgonzola dolce (mild Italian blue cheese), crumbled  
1 tbs extra virgin olive oil  
4 thin slices prosciutto, sliced lengthways

Drizzle the figs with a little balsamic glaze and top with a teaspoonful of gorgonzola. Drizzle with oil and season. Neatly wrap each fig half in prosciutto to serve.



Gorgonzola & prosciutto figs;  
prawn & brioche toasties



Opposite (from left):  
Jason Mowen,  
David Novak-Piper,  
Penny Hanan and  
Neale Whitaker.



**PLAN** "We're generally quite spontaneous and not great planners, but when Neale is busy, we'll organise catch-ups with certain friends," says David. "I plan the menu and head to the market, while Neale chills the wine, dresses the table, lights the candles and picks the music."

**TABLE** "Our style is quite simple and informal. We use simple white flatware, flower arrangements in abundance in white and green, or red and orange – Neale's favourite colour. We love candles, big, small, chunky, and always unscented around food. We always use our really big Riedel wine glasses, even if we're serving white wine – nothing looks worse than mean little wine glasses at the table."

**PLAYLIST** "We like to change the music during the evening," says Neale. "It will start off with something low energy, such as Michael Buble, and then I'll turn the dial up or down, depending on the mood. It's important to get the volume right. It's amazing how many times you go to a dinner party and it's too loud and you can't speak to each other – the energy can be totally killed."

**WINE** "There's always bubbles – French, such as Veuve Clicquot, or a good Aussie sparkling. Then we'll move onto a buttery chardonnay, such as Phillip Shaw 2013 No.11 Chardonnay, or a pinot gris, perhaps Church Road 2014 Hawke's Bay Pinot Gris. We might end with a glass of Cookothama Darlington Point 2008 Botrytis Semillon. We don't do cocktails; give us a good glass of wine any day."

#### GET THE LOOK

- OPENER: Lobster salad:** Printed paper (used as tablecloth), \$10/m, Paper2 • 'Boulder' napkins in Warms, \$95 (set of 4), Dinosaur Designs • Antler, from \$175, 1803 Artisan Deer Design • 'Trattoria' dinner plate, \$24.95 each, Papaya • 'Forged' fork, \$49 (5-piece set), West Elm **PREVIOUS PAGES: Place setting:** printed paper, antler, 'Boulder' napkin, 'Trattoria' dinner plate and 'Forged' cutlery (all as before) • 'Gilded Dapper Animal' plate, \$14, West Elm • 'H2O Classic Bar' water glass, \$49.95, Riedel • 'Seaspray' vase, \$39.95 (medium); and Mosaic Fig Garden candle in 'Maze' ceramic pot with lid (not shown), \$34.95, both Papaya • Fallow deer hide, from \$250, 1803 Artisan Deer Design **Figs, and prawn toasties:** 'Kasbah' ottoman in Diamond, \$249.95, Papaya • Belinda Fox platter, \$700; and black ceramic dish, \$55, both Spence & Lyda **THIS PAGE: Flowers:** Small glass vase in orange, \$297; and tall glass vase, \$396, both Dinosaur Designs • 'Palomino' stone vase in Smoke (on chair), \$49.95 (large); and 'Seaspray' vase in Smoke (on ground), \$49.95 (large), both Papaya **Table setting:** printed paper, antler, 'Trattoria' dinner plate, 'Forged' cutlery, 'Boulder' napkins, and 'Seaspray' vase (all as before) • 'Metallic Ombre' glassware, \$32 (set of 4), West Elm





### GET THE LOOK

**Plates details:** 'Trattoria' dinner plate, \$24.95, and side plate, \$14.95; and 'Baci' handblown glass bowl in grey, \$41.95, all Papaya • Antler (as before) • 'Diamond Pitcher' in Rose, \$55, Spence & Lyda **Ocean trout coulibiac:** printed paper, 'Boulder' napkins, 'Baci' handblown glass tray in grey and 'Forged' cutlery (all as before) • 'Aria' white dinner plate, \$32.95; and 'Tiro' mini glass jug, \$5.56, both Papaya

### LOBSTER SALAD WITH HERBY CREME FRAICHE

SERVES 4 AS A STARTER

1 quantity creme fraiche dressing (recipe p 92)  
1 cup each flat-leaf parsley, mint and chervil leaves, plus extra chervil leaves to serve  
4 kipfler potatoes  
1 cup (250ml) chicken stock  
1 leek (pale part only), thickly sliced  
1 bunch spring onions with bulbs, trimmed, halved  
1 cup (120g) fresh or frozen peas  
1 bunch asparagus, trimmed  
2 radishes, thinly sliced  
1 large cooked lobster, shell removed, cut into 2cm-thick slices  
Extra virgin olive oil, to drizzle  
Micro shiso leaves (optional), to serve

Transfer half the dressing to a food processor (chill remainder until ready to serve). Add herbs and whiz until smooth.

Place potato in a pan of cold salted water. Bring to the boil and simmer for 10-12 minutes until tender. Drain and refresh. Cut into 2cm-thick slices. Set aside.

Meanwhile, place stock in a large frypan over medium heat. Add leek and onion, and cook for 8-10 minutes until tender.

Remove with a slotted spoon and set aside.

Place fresh peas in a pan of boiling salted water. Cook for 5 minutes (if using frozen peas, cook with asparagus), then add the asparagus and cook for a further 2 minutes or until tender. Drain and refresh. Set aside.

To serve, spoon herb dressing onto one side of plates and reserved creme fraiche dressing on the other side. Top with peas asparagus, leek, onion, potato, radish and lobster. Drizzle with oil and garnish with extra chervil and shiso, if using.

### OCEAN TROUT COULIBIAC WITH SAFFRON CREAM

SERVES 6

1/4 cup (60ml) olive oil  
3 red onions, thinly sliced  
30g unsalted butter  
4 large portobello mushrooms, sliced

1 bunch silverbeet, stalks removed, roughly chopped

2 x 375g packets Careme All-Butter Puff Pastry

600g skinless centre-cut ocean trout, pin-boned

4 hard-boiled eggs, thinly sliced, plus 1 egg, lightly beaten

### SAFFRON CREAM

1 large pinch of saffron threads  
2 egg yolks  
1 tbs Dijon mustard  
1/4 cup (60ml) white wine vinegar  
400ml sunflower oil

Heat 2 tbs olive oil in a frypan over medium heat. Add onion, season, then cook, stirring for 5 minutes or until softened. Reduce heat to medium-low, and cook, stirring, for a further 20-25 minutes until slightly caramelised. Remove onion from pan and season. Set aside to cool.

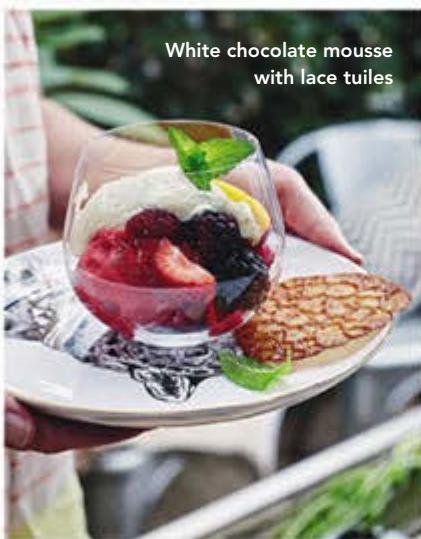
Wipe pan clean, then return to medium heat. Add butter and remaining 1 tbs oil. Add mushroom and cook, stirring, for 5-6 minutes until golden and softened. Remove from pan and set aside.

Blanch silverbeet in a pan of boiling water for 2 minutes or until wilted. Drain and refresh in cold water. Set aside.

Roll out one pastry sheet on a lightly floured surface until slightly larger than the trout. Place the pastry on a baking paper-lined baking tray and spoon onion down the centre, so it is the same width as the trout. Season trout, then place on top of onion. Spread over mushrooms, then top with silverbeet and sliced egg. Brush edges of pastry with egg wash. Roll out the second sheet of pastry until slightly larger than the trout. Place over trout, pressing edges to seal. Trim excess pastry, then chill for 30 minutes.

Meanwhile, for the cream, soak saffron in 1/4 cup (60ml) boiling water until cool. Whiz egg yolks, mustard and vinegar in a food processor until combined. With the motor running, gradually add the oil in a steady stream until thick and emulsified. Transfer to a bowl with the saffron-infused water and whisk to combine. Season, then chill until ready to serve.

Ocean trout coulibiac  
with saffron cream:  
baby vegetable salad

**GET THE LOOK**

**White chocolate mousse:**  
 'Gilded Dapper Animal' plate (as before)  
 • 'O' Chardonnay glass (stemless), \$49.95, Riedel  
 For stockist details, see Directory, p 157.

Preheat the oven to 200°C. Brush the coulibiac with remaining beaten egg, then bake for 40-45 minutes until golden.

Serve the coulibiac warm, drizzled with the saffron cream.

**BABY VEGETABLE SALAD**

**SERVES 4 AS A SIDE**

12 mixed baby heirloom beetroot, trimmed  
 1 bunch baby heirloom carrots, trimmed  
 100g green beans, trimmed  
 1 bunch broccolini, chopped  
 100g sugar snap peas, trimmed  
 100g snow peas, trimmed  
 1/3 cup (80ml) extra virgin olive oil  
 2 tbs lemon juice  
 2 baby cos lettuces, outer leaves discarded, quartered  
 1 baby fennel, thinly sliced using a mandoline

Place beetroot in a saucepan of cold salted water over high heat. Bring to the boil, then reduce heat to medium and cook for 30 minutes or until beetroot are tender. Cool slightly, then peel and halve if large.

Meanwhile, cook the carrots in a separate pan of boiling salted water for 8-10 minutes until tender. Drain and refresh under cold water. Set aside.

Blanch beans and broccolini in a pan of boiling salted water for 2-3 minutes until tender. Drain and refresh under cold water. Blanch sugar snaps and snow peas for 1 minute or until tender. Drain and refresh.

Whisk the olive oil and lemon juice in a bowl. Season and set aside.

Place the lettuce and fennel on a large serving platter, top with vegetables and drizzle with dressing to serve.

**WHITE CHOCOLATE MOUSSE WITH LACE TUILES**

**SERVES 4**

*Begin this recipe 1 day ahead.*

300g good-quality white chocolate  
 2 gold-strength gelatine leaves  
 300ml thickened cream  
 2 tbs pure icing sugar, sifted  
 4 eggs, separated

250g thick Greek-style yoghurt  
 500ml good-quality raspberry sorbet  
 Seasonal fruits (we used sliced mango, raspberries and blackberries)

Mint leaves and lace tuiles (recipe follows), to serve

Melt chocolate in a heatproof bowl set over a saucepan of gently simmering water (don't let bowl touch water). Remove from heat and stir until smooth. Cool slightly.

Soak gelatine in a bowl of cold water for 5 minutes to soften. Place 100ml cream in a small pan over medium heat and bring to a simmer. Remove from heat. Squeeze excess water from gelatine, then stir gelatine into cream until combined. Cool.

Whisk the icing sugar and remaining 200ml cream to soft peaks.

Add egg yolks to warm chocolate, 1 at a time, beating well after each addition. Fold in the gelatine mixture, then fold in whipped cream and yoghurt. In a separate bowl, whisk the eggwhites to soft peaks, then gently fold into the white chocolate mixture until combined. Spoon mixture into a 20cm cake pan and cover with plastic wrap. Chill for 4 hours or overnight until set.

Place scoops of sorbet in serving glasses. Top with a scoop of mousse, scatter with fruit and mint leaves, and serve with a lace tuile on the side.

**LACE TUILES**

**MAKES 12**

*Begin this recipe 1 day ahead.*

50g unsalted butter  
 100g golden syrup  
 100g caster sugar  
 1/3 cup (50g) plain flour

Place the butter, golden syrup and sugar in a saucepan over medium heat. Cook, stirring, until sugar dissolves. Transfer to a bowl and fold in the flour. Cover with plastic wrap and chill overnight.

Preheat the oven to 180°C and line a baking tray with baking paper. In batches, roll 1/2 teaspoonfuls mixture into small balls and place, 10cm apart, on tray. Bake for 6-8 minutes until golden, then transfer to a wire rack to cool. X

# SUNDAY BREAKFAST EVERYDAY

NEW

seven  
sundays™

## Berry muesli

WITH CRANBERRIES - BLUEBERRIES -  
STRAWBERRY PIECES & BUCKWHEAT

600g



Ancient grains combined with delicious fruit and nut blends provide the perfect way to enjoy that Sunday breakfast feeling – everyday.

[sevensundaysmuesli.com.au](http://sevensundaysmuesli.com.au)



# LIKE MOTHER *like son*

**G**My mother, Gretta Anna Teplitzky, was born in New Zealand in 1929. She had Spanish-Jewish heritage on her mother's side, and she had cooking in her genes – her great-grandmother was the chief recipe tester for Queen Victoria.

In 1978, she released her first book, *The Gretta Anna Recipes*, establishing herself as a household name in Australia. By 1987 it had been reprinted 12 times, and it has now sold over 250,000 copies.

Needless to say, throughout my childhood, food was an integral part of my life. Not a day went by without my mother testing yet another delicious creation on us. It was the result of this, I suspect, that planted the seed for my career as a chef.

It seems perfectly natural that I have now come full circle, writing a cookbook dedicated to my mother filled with many of her recipes – either my favourites or those of others. *Bon appetit!*"

**- MARTIN TEPLITZKY**

EXCLUSIVE EXTRACT.

RECIPES GRETNA ANNA & MARTIN TEPLITZKY PHOTOGRAPHY BEN DEARNLEY STYLING CASSANDRA STOKES



**WHAT:** Eastern rock lobster.

**WHERE:** Wild-caught off Australia's east coast, from northern New South Wales to the Bass Strait and Tasmania.

**FIND:** Sold live, cooked and frozen from fish markets and fish shops.

"Bouillabaisse is all about the soup. Use plenty of vegetables and herbs, as this will give it a thickness and depth of flavour. Mum and I once ate bouillabaisse in a restaurant overlooking the bay in Marseille, where they brought out a steaming cauldron of the soup followed by a platter of whole fish."

### BAKED POTATOES WITH CHILLI AND ANCHOVIES

SERVES 6

*I picked up this delicious potato dish while living in the Piedmont region of Italy.*  
— MARTIN

1kg sebago potatoes, peeled,  
cut into 1.5cm-thick wedges  
12 anchovy fillets in oil, drained,  
finely chopped  
4 garlic cloves, finely chopped  
2 long red chillies, finely chopped  
1/4 bunch sage, leaves picked  
3 bay leaves  
350ml pure (thin) cream  
50g unsalted butter, chopped

Preheat the oven to 175°C. Place the potato wedges in a 26cm round baking dish and season with salt and pepper. Sprinkle over the anchovies, garlic, chilli, sage and bay leaves. Pour over the cream and stir to combine. Dot with knobs of butter. Bake for 1 hour or until dark golden on top and the potatoes are cooked through.

### AUSTRALIAN BOUILLABAISSE

SERVES 6

*This is an adaptation of the French bouillabaisse made famous in Marseille, where, only fish is used, and no shellfish at all. However, they consider the dish should consist of at least five or more different varieties of fish.* — GRETNA ANNA

25ml olive oil  
25g unsalted butter  
3 onions, chopped  
125g button mushrooms, sliced  
400g can chopped tomatoes  
1/4 cup (70g) tomato paste  
2 cups (500ml) dry white wine  
1 bay leaf  
2 large garlic cloves, crushed  
1 cup (250ml) brandy  
1 large piece pared orange peel,  
white pith removed  
2 tbs chopped tarragon  
1 tsp saffron threads  
3 cups (750ml) fish stock  
250g green prawns, peeled  
(tails intact), deveined  
1 small live lobster, killed according  
to RSPCA methods ([rspca.org.au](http://rspca.org.au)),  
tail meat sliced, head reserved  
1 uncooked blue swimmer or spanner  
crab, head and gills removed, halved  
250g ocean perch fillet  
(or other firm white fish)  
12 freshly shucked oysters  
Chopped flat-leaf parsley and aioli,  
to serve

Heat the oil and butter in a large heavy-based saucepan over medium heat. Cook the onion and mushroom for 6 minutes or until golden. Add the tomatoes and tomato paste, wine, bay leaf, garlic, brandy, orange peel, tarragon and saffron. Bring to a simmer for 10 minutes or until slightly reduced,



EXCLUSIVE EXTRACT.



Baked potatoes with  
chilli and anchovies. Left:  
Australian bouillabaisse.

"I've tried to be true to my mother's belief that food should be fun to prepare and creative, and that cooking should be a peaceful event, rather than a demanding task."

then add the fish stock and bring back to a simmer. Add the prawns, lobster meat, lobster head, crab and fish. Bring to a boil and cook for 3-4 minutes until the seafood is cooked through. Reduce heat to low, then add the oysters and simmer for 1 minute or until just cooked.

Serve sprinkled with chopped parsley, with aioli on the side.

### **BEETROOT, DILL & GOAT'S CHEESE SALAD**

**SERVES 6**

The earthiness of beetroot and the tangy flavour of goat's cheese are a delicious combination. Add to that the slight aniseed flavour of dill and sweetness of mint and you end up with a lovely balanced dish. – GRETNA ANNA

**8 baby beetroots**

**8 baby golden beetroots**

**1/2 bunch dill, chopped**

**1/2 bunch mint, leaves picked**

**250g goat's cheese (such as chevre)**

#### **VINAIGRETTE**

**150ml olive oil**

**25ml white wine vinegar**

Place the beetroots in a saucepan of salted water and bring to the boil over medium heat. Cook for 30-45 minutes until tender, then cool under cold water.

Meanwhile, for vinaigrette, combine the ingredients in a jar, season with salt and black pepper and shake well.

Peel all the beetroot and cut some in half. Place in a bowl with dill and half the vinaigrette, then toss to combine.

To serve, scatter the mint around the edge of a platter or large shallow bowl and drizzle with some more vinaigrette, turning a little to coat the leaves. Place the beetroot in the centre and crumble over the goat's cheese.

### **LOIN OF LAMB**

#### **JEAN-JACQUES ROUSSEAU**

**SERVES 6**

*I have named this dish affectionately after the Rue Jean-Jacques Rousseau, where I stayed some years ago while visiting the kitchens of Le Grand Vefour in the Palais-Royal and Laperouse on the bank of the Seine in Paris. – GRETNA ANNA*

**2 x 1kg lamb loins,  
bone removed**

#### **STUFFING**

**60g dried apricots, chopped**

**1 celery stalk, finely chopped**

**1/2 cup (50g) chopped walnuts**

**25g softened unsalted butter**

**1/2 white onion, chopped**

**1/2 cup (35g) stale breadcrumbs**

**125g chicken livers,  
roughly chopped**

**2 rashers rindless bacon,  
roughly chopped**

**1 handful chopped flat-leaf parsley**

#### **REDCURRANT SAUCE**

**2 cups (500ml) lamb or veal  
demi-glace (from butchers)**

**3 tsp redcurrant jelly**

**1 tbs Marsala  
(Sicilian fortified wine)**

**1 1/2 tbs brandy**



Right from top: beetroot, dill & goat's cheese salad; loin of lamb Jean-Jacques Rousseau.



EXCLUSIVE EXTRACT.



**WHAT:** Walnuts.

**WHERE:** Grown commercially in orchards in Tasmania, Victoria and New South Wales.

**FIND:** Sold shelled and unshelled in supermarkets and greengrocers.

"I have dedicated this foolproof chocolate almond torte to Janty Barnes, who, together with her husband, David, put more love and care into my first book than words can ever express." – Gretta Anna

Preheat the oven to 190°C. For the stuffing, combine all the ingredients in a bowl and season. Spread the stuffing over the flat part of the lamb, then fold the lamb up and secure with string or skewers. Place lamb in a roasting pan and season thoroughly with salt and pepper. Roast the lamb for 40 minutes for medium or until cooked to your liking, then set aside, loosely covered with foil, for 5 minutes to rest.

For the redcurrant sauce, heat the demi-glace in a saucepan over medium heat. Simmer for 10 minutes or until reduced by half. Season with pepper, add redcurrant jelly and Marsala, and stir to combine.

When ready to serve, add the brandy to the redcurrant sauce and stir to combine. Slice the lamb and divide among serving plates. Drizzle the sauce over the lamb to serve.

### HUNGARIAN CHOCOLATE TORTE JANTY

SERVES 6-8

*This simple five-ingredient cake may be made two or three days ahead of time and kept in an airtight container in the fridge.*

**4 eggs, separated**  
1/3 cup (75g) caster sugar  
1/3 cup (35g) almond meal  
250g dark (70%) chocolate, chopped  
150ml pure (thin) cream, whipped

Preheat the oven to 160°C and grease a 20cm springform cake pan.

Combine the egg yolks with the sugar in a bowl, then add the almond meal and stir to combine.

Fill a small saucepan one-third full with water and bring to a gentle simmer. Place half the chocolate in a small heatproof bowl, place over pan and stir until chocolate has melted (don't let the bowl touch the water). Cool slightly, then add to the egg yolk mixture.

Beat the eggwhites until stiff peaks form and fold thoroughly into the chocolate mixture. Pour the mixture into the prepared pan. Bake for 30-35 minutes or until a skewer inserted into the centre comes out clean. Remove the cake from the oven, set aside to cool slightly then release from cake pan and place on a wire rack to cool completely.

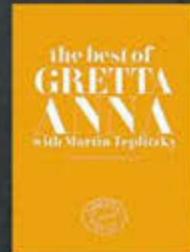
Melt the remaining chocolate in a bowl set over a saucepan of simmering water (don't let the bowl touch the water). Set aside to cool, then lightly fold into the whipped cream with only four or five strokes of the spatula, to give a marbled effect. Refrigerate until ready to serve.

When the cake is cool, spread the top with the marbled cream. X



Hungarian chocolate torte Janty

*The Best of*  
*Gretta Anna with*  
*Martin Teplitzky*  
*(Lantern, \$49.99)*  
*by Martin*  
*Teplitzky,*  
*is available*  
**25 March 2015**  
*in all good*  
*book stores.*



**WHAT:** Dark chocolate.

**TYPE:** High-quality dark chocolate is made using only cocoa, cocoa butter and sugar, with no milk added.

**FIND:** Selected supermarkets and gourmet food shops.





FASTER FOOD.

# 10 DESIGNER *ingredients*

Kimchi, sriracha, freekeh, yuzu – the names may not roll off the tongue just yet, but we're going to be seeing a lot more of these and other menu must-haves. Try them in our fast, fresh recipes, ready to serve before you can say "shichimi togarashi".



RECIPES VALLI LITTLE & WARREN MENDES PHOTOGRAPH JEREMY SIMONS STYLING DAVID MORGAN



Sriracha salmon with  
edamame mash  
(recipe p 112)

Kimchi fried rice  
with bacon and eggs  
(recipe p 112)



**1 SRIRACHA** Thai-style chilli sauce, from supermarkets and Asian grocers. Fun fact: in 2013 fans stockpiled bottles after a US factory faced closure because the chilli odours were irritating nearby residents.

**2 KIMCHI** Korean spicy fermented vegetables. Available in jars from Asian grocers and health food shops.

**3 SHICHIMI TOGARASHI** Japanese 'seven-flavour' spice mix, from Asian grocers, spice shops and selected supermarkets.

**4 ONGLET STEAK** Also known as hanger or butcher's steak. Best served rare due to its leanness.

**5 FREEKEH** Roasted green wheat, available from supermarkets and health food shops.

**6 CIDER** Alcoholic beverage made from fermented unfiltered apple juice. From bottle shops.

**7 NDUJA** Spicy, spreadable salami from Calabria in southern Italy. From gourmet shops and delis.

**8 YUZU** Japanese citrus with a lemon/lime flavour. Bottled juice is available from Asian grocers.

**9 ROSE HARISSA** North African chilli paste infused with rose petals. From gourmet shops.

**10 COCONUT FLESH** Packaged frozen shredded coconut is from Asian grocers, or buy whole coconuts from supermarkets.

**SALT & TOGARASHI SQUID**

SERVES 4

- 1kg baby squid (tentacles attached), cleaned  
 1 cup (150g) self-raising flour  
 1 cup (50g) panko breadcrumbs (coarse Japanese breadcrumbs)  
 1 tsp shichimi togarashi, plus extra to serve  
 2 eggs, lightly beaten with 1 tbs water  
 Sunflower oil, to deep-fry  
 1/2 red onion, finely chopped  
 2 small red chillies, thinly sliced  
 1/2 bunch coriander, leaves picked, finely chopped  
 1 tsp fish sauce  
 Juice of 1/2 lime, plus extra wedges to serve  
 1/2 tsp caster sugar  
 Aioli, to serve

Separate squid hood from tentacles. Cut open squid hoods, then, using a sharp knife, score the insides in a diamond pattern and slice into 2cm-wide strips. Remove beaks from tentacles and discard. Set squid aside.

Combine flour, crumbs, togarashi and 2 tsp sea salt flakes in a bowl. Place egg mixture in a separate bowl.

Half-fill a deep-fryer or large saucepan with oil and heat to 190°C (a cube of bread will turn golden in 30 seconds when oil is hot enough).

Working in batches, coat squid in egg, then in flour mixture. Deep-fry for 2 minutes or until golden and crisp. Drain on paper towel.

Combine onion, chilli and coriander in a bowl. Add fish sauce, lime juice and sugar, and stir to combine.

Sprinkle squid with sea salt flakes, onion mixture and extra togarashi. Serve with aioli and lime wedges.



## ONGLET STEAK WITH SALSA VERDE AND PARMESAN CHIPS

SERVES 4

- 1 tbs rosemary leaves, chopped
- 2 garlic cloves, chopped
- 200ml olive oil
- 1kg onglet steak
- 1 tbs capers, rinsed, drained
- 3 anchovy fillets in oil, drained
- 1 tbs Dijon mustard
- 1 cup each flat-leaf parsley and mint leaves
- 2 cups basil leaves, plus extra leaves to serve
- 2 tbs lemon juice or red wine vinegar
- Sunflower oil, to deep-fry
- 400g packet frozen chips
- 1 cup (80g) grated parmesan
- Roasted vine-ripened cherry tomatoes, to serve

Combine rosemary, half the garlic and 2 tbs olive oil in a bowl. Season, then brush over steak. Cover and set aside to marinate for 15 minutes.

To make the salsa verde, whiz capers, anchovies, Dijon and remaining garlic in a small food processor to combine. Add herbs, lemon juice and remaining 160ml olive oil, and whiz to a paste. Set aside.

Preheat a chargrill pan or barbecue to high. Chargrill steak for 6 minutes each side for medium-rare or until cooked to your liking. (Note, if overcooked, this cut may be tough.) Remove from heat and rest, loosely covered with foil, for 10 minutes.

Meanwhile, half-fill a large saucepan with sunflower oil and heat to 190°C (a cube of

bread will turn golden in 30 seconds). Deep-fry chips according to packet instructions. Drain on paper towel, then toss with parmesan.

Thinly slice steak and drizzle with salsa verde. Serve with parmesan chips, roasted tomatoes and extra basil leaves.

## KIMCHI FRIED RICE WITH BACON AND EGGS

SERVES 4

- 1 tbs rice bran oil, plus extra to shallow-fry
- 1 small onion, finely chopped
- 4 bacon rashers, finely chopped
- 1 tbs grated ginger
- 2 garlic cloves, crushed
- 1 cup (120g) fresh or frozen peas
- 1 cup (190g) kimchi, roughly chopped, plus 2 tbs kimchi juice
- 4 cups cooked white rice
- 4 eggs
- 2 tsp sesame oil
- 2 tbs soy sauce
- 30g unsalted butter
- Thinly sliced garlic chives, to serve

Heat the rice bran oil in a wok over medium-high heat. Add onion and bacon, and cook, stirring, for 3-4 minutes until onion is soft and bacon is starting to crisp. Add ginger and garlic, and cook for 30 seconds or until fragrant. Add peas, kimchi and rice, then cook, stirring, for 1-2 minutes until heated through. Set aside.

Heat 2cm rice bran oil in a frypan over medium-high heat. Carefully break 2 eggs into oil and fry until cooked to your liking. Remove with a slotted spoon and drain on paper towel. Repeat with remaining eggs.

Return wok to medium-high heat. Add sesame oil, soy sauce, butter and reserved kimchi juice, and stir to warm through.

Divide rice among bowls and top each with a fried egg and garlic chives to serve.

## SRIRACHA SALMON WITH EDAMAME MASH

SERVES 4

- 1/4 cup (60ml) soy sauce or tamari
- 2 tbs honey
- 1 tbs sriracha
- 1 tbs rice wine vinegar
- 1 tbs grated ginger
- 2 garlic cloves, crushed
- 4 x 180g skinless salmon fillets, pin-boned
- 400g fresh or frozen edamame (soybeans), podded
- 100g fresh or frozen peas
- 1 tbs wasabi paste
- 2 tbs pure (thin) cream
- 30g unsalted butter
- 1 tbs sesame oil
- Pickled ginger, seaweed salad and micro coriander (optional), to serve

Combine soy, honey, sriracha, vinegar, ginger and garlic in an extra-large zip-lock bag. Add salmon, then seal and shake to coat. Set aside for 15 minutes to marinate.

Meanwhile, place edamame and fresh peas in a pan of boiling salted water. Cook for 10 minutes (if using frozen peas, add for the final 5 minutes cooking time), or until tender. Drain and cool slightly. Transfer to a food processor with wasabi, cream and butter, and whiz until smooth. Return to pan and keep warm.

Heat sesame oil in a frypan over medium heat. Drain salmon, reserving marinade. Add salmon to pan and cook for 2 minutes each side or until cooked on the outside but still translucent in the centre. Remove from pan and rest, loosely covered with foil, for 5 minutes.

Add reserved marinade to pan and cook for 3-5 minutes until reduced by half.

Divide edamame mash among serving plates. Top with salmon, drizzle with marinade and serve with pickled ginger, seaweed salad and micro herbs, if using.



FASTER FOOD.



Onglet steak with  
salsa verde and  
parmesan chips

FASTER FOOD.



Fig & freekeh salad

## FIG & FREEKEH SALAD

SERVES 4

- 1 cup (180g) freekeh, rinsed, drained
- 1/4 cup (60ml) olive oil
- 1 tbs honey
- 2 tbs pomegranate molasses
- Finely grated zest and juice of 1 lemon
- 1 tbs zaatar (Middle Eastern spice mix)
- 1/2 bunch each mint and flat-leaf parsley, leaves picked
- 2 eschalots, thinly sliced
- Seeds of 1 pomegranate
- 1/4 cup (35g) currants
- 100g feta, crumbled
- 6 figs, quartered

Place the freekeh and 1.5L (6 cups) water in a pan over medium heat and bring to a simmer. Reduce heat to low, then cover and cook for 25 minutes or until tender. Drain and refresh under cold running water.

Meanwhile, to make the dressing, whisk 2 tbs oil, honey, pomegranate molasses and lemon juice in a bowl. Set aside.

Add lemon zest, 2 tsp zaatar, herbs, eschalot, pomegranate seeds, currants and remaining 1 tbs oil to freekeh, and stir to combine. Transfer to a large serving platter and top with feta and figs.

Drizzle dressing over salad, then sprinkle with remaining 2 tsp zaatar to serve.

## PORK CUTLETS WITH CIDER GLAZE AND BUTTERMILK MASH

SERVES 4

- 4 x 200g pork cutlets
- 500g Dutch cream potatoes, peeled, quartered
- 1/2 cup (125ml) buttermilk
- 50g unsalted butter
- 1 tbs olive oil
- 1 red onion, cut into thin wedges
- 2 red apples, cored, cut into wedges
- 12 sage leaves
- 1 cup (250ml) cider
- 2 tbs redcurrant jelly
- Split steamed green beans, to serve

Preheat oven to 180°C. Season pork, then set aside to bring to room temperature.

Place the potato in a saucepan of cold salted water. Bring to the boil, then simmer for 10 minutes or until tender. Drain and return to pan. Heat gently, stirring, for 30 seconds to remove excess water. Pass through a potato ricer or mash until smooth. Add buttermilk and 30g butter, season and stir until smooth. Cover and keep warm.

Meanwhile, heat oil and remaining 20g butter in a frypan over medium heat. Cook pork for 2-3 minutes each side until golden. Transfer to a baking paper-lined baking tray, reserving pan, and roast for 5-6 minutes until cooked through. Rest, loosely covered with foil, for 5 minutes.

Add onion to the frypan and cook, stirring, for 2-3 minutes until softened. Add the apple and sage, and cook for 3-4 minutes until apples are tender. Remove from pan and set aside. Add the cider and redcurrant jelly to the pan and cook for 3-4 minutes until reduced by half. Season, then return onion mixture to pan.

Divide the buttermilk mash, pork and green beans among plates and drizzle with cider glaze to serve.



## FASTER FOOD.

### PAPPARDELLE WITH ROAST NDUJA AND TOMATO SAUCE

SERVES 4

1 large red capsicum, seeds removed, thinly sliced  
500g mixed baby heirloom tomatoes  
2 zucchinis, thinly sliced into ribbons using a vegetable peeler  
4 unpeeled garlic cloves  
1/4 cup (60ml) extra virgin olive oil  
1 tbs red wine vinegar  
50g nduja  
400g pappardelle pasta  
Shaved parmesan and basil leaves, to serve

Preheat the oven to 200°C.

Combine capsicum, tomatoes, zucchini, garlic, oil and vinegar in a roasting pan. Crumble over the nduja, then season and toss to combine. Roast for 25 minutes or until tomatoes start to collapse.

Cook pasta in a saucepan of boiling salted water according to packet

instructions. Drain, reserving 1/4 cup (60ml) cooking water.

Remove pan from oven. Squeeze garlic from their skins and stir through tomato mixture. Add to pasta with reserved cooking water and toss to combine.

Divide pasta among bowls and top with shaved parmesan and basil to serve.

### ROAST YUZU CHICKEN WITH JAPANESE SLAW

SERVES 4

2 garlic cloves, crushed  
2 tsp grated ginger  
25g unsalted butter, melted  
1/4 cup (60ml) yuzu juice or lime juice  
2 tbs light soy sauce  
4 chicken marylands  
1/2 tsp sesame oil  
1 tbs peanut oil  
1/2 tsp caster sugar  
Black sesame seeds and lemon wedges, to serve

### JAPANESE SLAW

1 avocado, thinly sliced  
100g sugar snap peas, sliced lengthways  
3 radishes, trimmed, thinly sliced  
1 large carrot, cut into thin matchsticks  
1/2 bunch chives, cut into 4cm lengths  
150g wild rocket leaves

Combine garlic, ginger, butter, 2 tbs yuzu and 1 tbs soy sauce in a bowl. Add chicken and turn to coat. Cover and refrigerate for 20 minutes to marinate.

Preheat oven to 180°C. Drain chicken, reserving marinade, and pat dry. Place on a baking paper-lined baking tray and roast, basting with reserved marinade every 15 minutes, for 1 hour or until golden and cooked through (cover with foil if browning too quickly).

Meanwhile, combine slaw ingredients in a bowl. In a separate bowl, whisk sesame oil, peanut oil, sugar and remaining 2 tbs yuzu and 1 tbs soy. Toss with slaw to combine.

Serve chicken and slaw sprinkled with sesame seeds, with lemon to squeeze over.





Roast yuzu  
chicken with  
Japanese slaw

Rose harissa, prawn  
& chickpea tagine



### ROSE HARISSA, PRAWN & CHICKPEA TAGINE

SERVES 4

- 1 tbs olive oil
- 1 onion, halved, thinly sliced
- 2 garlic cloves, chopped
- 1 tbs rose harissa paste
- 420g jar cherry tomato pasta sauce (we used Sacla)
- 16 large green prawns, peeled (tails intact), deveined
- 400g can chickpeas, rinsed, drained
- 2 tbs lemon juice
- 1/3 cup finely chopped flat-leaf parsley leaves, plus extra leaves to serve
- 1 cup (200g) instant couscous
- 1/2 cup (50g) flaked almonds, toasted

Heat oil in a frypan over medium heat. Add onion and cook, stirring, for 2 minutes or until softened. Add garlic and 2 tsp harissa, and stir to combine. Add pasta sauce and 1 cup (250ml) water, bring to a simmer, then add prawns and chickpeas. Cook for 3-4 minutes until prawns turn pink. Add lemon juice and half the parsley. Remove from heat and set aside.

Meanwhile, place couscous in a bowl and cover with 2 cups (500ml) boiling water. Add remaining 2 tsp harissa and 1 tsp sea salt, and stir to combine. Cover with plastic wrap and set aside for 5 minutes or until liquid is absorbed. Fluff with a fork, top with almonds and remaining parsley.

Garnish tagine with extra parsley and serve with couscous.

### COCONUT & CHILLI PORK STIR-FRY

SERVES 2-4

- 1 tbs chilli paste
- 3 garlic cloves, crushed
- 1 1/2 tbs grated ginger
- 1/3 cup (25g) frozen shredded fresh coconut, thawed, plus extra to serve
- 1/3 cup (80ml) peanut oil
- 450g pork fillet, cut into 1cm-thick slices
- 2 bunches baby pak choy, halved lengthways
- 1/2 bunch spring onions, chopped
- 150g oyster mushrooms, halved
- 2 tbs Chinese rice wine (shaohsing)
- 1 tbs soy sauce
- 2 tbs oyster sauce

270g somen noodles (Japanese wheat flour noodles), cooked according to packet instructions, drained  
Finely shredded long red chilli, to serve

Combine the chilli paste, garlic, ginger, coconut and 2 tbs oil in a bowl. Place half the mixture in a separate bowl, add pork and turn to coat. Cover and set aside for 15 minutes to marinate.

Heat 1 tbs oil in a wok or large frypan over high heat. Stir-fry pork for 2 minutes or until browned, then remove from pan and set aside.

Blanch pak choy in boiling water for 2 minutes or until tender. Drain. Set aside.

Return wok to high heat with remaining 1 tbs oil. Add spring onion and remaining coconut mixture and stir-fry for 1 minute. Add mushroom and stir-fry for 2 minutes or until fragrant. Add rice wine, soy and oyster sauce, and stir-fry for 1 minute. Return pork to wok and stir-fry for a further 1-2 minutes until warmed through.

Divide noodles among bowls and top with pak choy, pork, shredded chilli and extra coconut to serve. 



# *Grain* RAVE

This month, Jamie swaps the white stuff for colourful, nutritious and flavoursome rice varieties in these innovative recipes.



JAMIE OLIVER.



Californian salad (recipe p 128).  
Opposite: make-ahead breakfast  
rice pudding (recipe p 122).



This story is all about the wonderful world of rice, showing that you can make knockout, flavourful dishes using simple wholegrains. It's true that some of the grains take a bit longer to cook, but do what I do and make a big batch to keep in the fridge for a day or so, either to be enjoyed cold in salads or reheated for soups, stews, stir-fries or as a side.

The most obvious choice is brown rice, which you'll see in lots of these recipes, as it has a delicious nutty flavour and a great bite. It's the unrefined version of white rice, so it still has the bran and germ in place, where all the nutrients are stored – bonus!

Another one I've really got into is black rice – it has the most incredible colour, so gives you amazing contrast on the plate, is really tasty and has a similar amount of fibre to brown.

Give these recipes a go, and join me in the wholegrain revolution.



#### MAKE-AHEAD BREAKFAST RICE PUDDING

SERVES 6

*Don't be put off by the idea of rice in the morning – think of it as an alternative to oats. Make a batch and refrigerate for a day or two. Enjoy on its own or choose from the toppings on the page opposite.*

250g mixed rice (brown,  
wild and red)  
2 cardamom pods  
1 cinnamon quill  
600ml almond milk  
1 banana, roughly chopped  
1 tbs honey  
Finely grated zest of 1 orange  
2 pears, grated

Cook the rice according to the packet instructions, adding the cardamom and cinnamon to the water as it cooks. Remove from the heat and set aside to cool completely, then remove and discard the cardamom and cinnamon.

Place half the rice in a food processor along with the almond milk, banana and honey, then whiz until smooth.

Transfer mixture to a large dish, add remaining cooked rice, along with the orange zest and pears. Gently stir to combine, then cover and chill in the fridge until ready to serve.



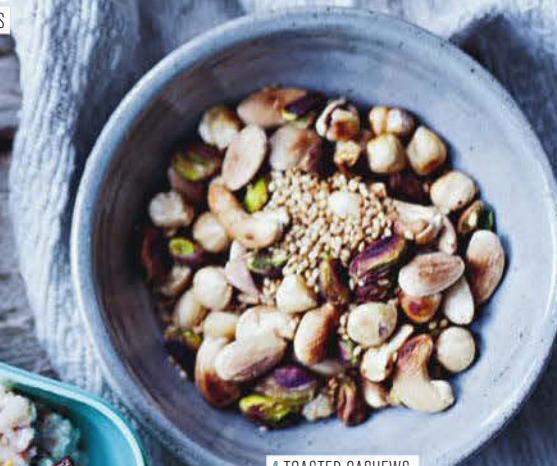
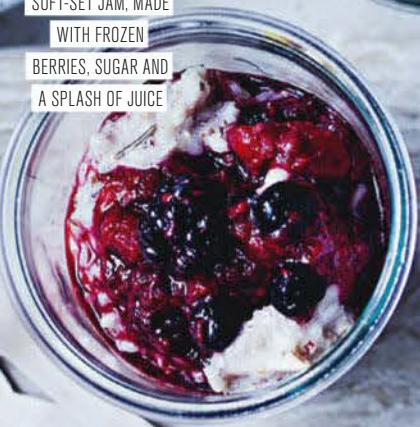
1 HOMEMADE  
SOFT-SET JAM, MADE  
WITH FROZEN  
BERRIES, SUGAR AND  
A SPLASH OF JUICE



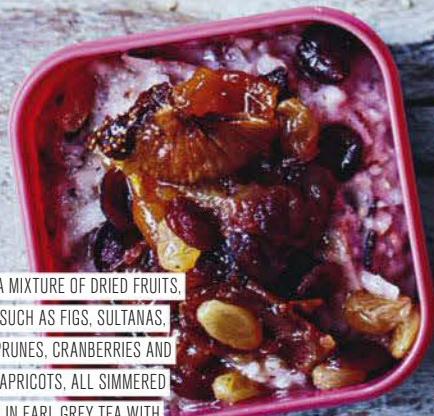
2 FRESH MANGO,  
PINEAPPLE, FLAKED  
COCONUT AND LIME ZEST



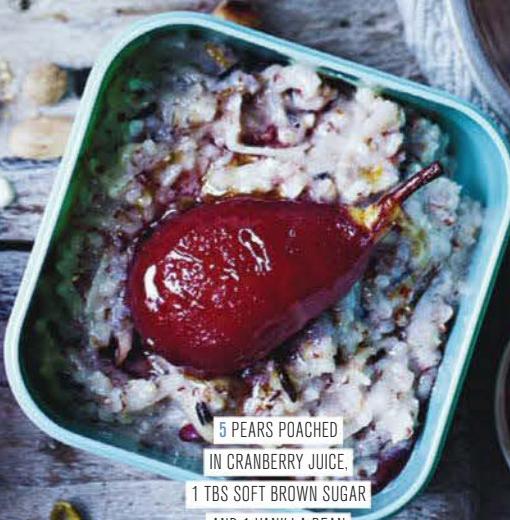
3 FIGS BAKED WITH VANILLA,  
A SPRINKLING OF SOFT BROWN SUGAR  
AND THE JUICE OF 1 LARGE ORANGE,  
SERVED WITH GREEK YOGHURT  
AND TOASTED SEEDS AND NUTS



4 TOASTED CASHEWS,  
HAZELNUTS, MACADAMIA  
PISTACHIOS AND SEEDS



6 A MIXTURE OF DRIED FRUITS,  
SUCH AS FIGS, SULTANAS,  
PRUNES, CRANBERRIES AND  
APRICOTS, ALL SIMMERED  
IN EARL GREY TEA WITH  
1 CINNAMON QUILL, 1 VANILLA  
BEAN AND A SPRINKLING  
OF SOFT BROWN SUGAR



5 PEARS POACHED  
IN CRANBERRY JUICE,  
1 TBS SOFT BROWN SUGAR  
AND 1 VANILLA BEAN



## RICE & PEAS WITH JERK ROASTED VEGIES

SERVES 6

- 1 butternut pumpkin, cut into wedges
- 1/4 Jap pumpkin, cut into wedges
- 2 green capsicums, quartered, seeds removed
- 250g okra, halved diagonally
- 8 spring onions
- 6 garlic cloves
- 400g brown rice
- 4 thyme sprigs
- 1/2 tsp allspice berries
- 1 cinnamon quill
- 100g block coconut cream, grated
- 1 scotch bonnet or long red chilli, pricked
- 400g can black-eyed peas or kidney beans, rinsed, drained
- 2 tbs olive oil
- Thick Greek-style yoghurt, to serve

### JERK MARINADE

- 4 spring onions, chopped
- Small bunch of thyme, leaves picked
- 3 bay leaves

- 1 tsp each ground cloves, allspice and nutmeg
- 1/2 cup (125ml) white wine vinegar
- 1 tbs honey
- 1 scotch bonnet or long red chilli
- 4 garlic cloves
- 1/2 cup (125ml) dark rum
- 1 tbs olive oil

### PICKLE

- 1 red onion, thinly sliced
- 2 scotch bonnet or long red chillies, seeds removed, thinly sliced
- 2/3 cup (165ml) red wine vinegar
- 4 bay leaves
- 1 heaped tsp caster sugar

For the jerk marinade, place all the ingredients in a blender and whiz until smooth, loosening with more oil, if needed. Transfer to a large bowl. Toss the pumpkins in the jerk marinade along with the capsicum, okra, 6 spring onions and 4 garlic cloves. Set aside for 2 hours to marinate.

Place the rice in a large saucepan and pour over enough water to come 1cm above the rice. Add thyme, allspice, cinnamon, coconut cream, chilli and remaining 2 spring onions and 2 garlic cloves. Bring to the boil over medium heat, then reduce heat to low and cook, covered, for 25-30 minutes until soft. Add the beans for the final 10 minutes.

Preheat the oven to 180°C. Remove the pumpkin from the marinade and arrange on a baking tray. Roast for 45 minutes or until soft and golden.

Preheat a barbecue or chargrill pan to high, then grill the marinated capsicum, okra, spring onions and garlic until lightly charred all over. Return them to the bowl of marinade. Dress with the oil, toss with the cooked pumpkin and arrange the mixture on the baking tray. Return to the oven and cook for a further 5-7 minutes until everything is golden and tender.

For the pickle, place all ingredients in a bowl and stir to combine. Set aside for 10 minutes to pickle.

Serve the rice and peas with the roasted vegetables and pickles, with yoghurt on the side.

## ASIAN CHICKEN & RICE BALLS WITH BROTH

SERVES 4

*There's something soothing about these delicious chicken balls and fragrant, vegie-packed broth. If you like, make the balls ahead of time and chill until needed.*

- 130g brown rice
- 1 bunch coriander, leaves picked
- 6 spring onions
- 4 chicken thigh fillets, roughly chopped
- 1 lemongrass stalk, bruised, roughly chopped
- 2 garlic cloves
- 4cm piece ginger, roughly chopped
- 4 kaffir lime leaves
- 1 tbs sunflower oil
- 8 large green prawns, peeled (tails intact), deveined
- 2½ tbs white miso paste
- 2 pak choi (Chinese cabbage), each cut into 6
- 250g snowpeas, halved lengthways
- 1 cup (80g) bean sprouts
- 1 tbs soy sauce
- 1 long red chilli, seeds removed, thinly sliced
- Lime halves, to serve

Cook the rice according to the packet instructions. Drain and set aside to cool, then chill until needed.

Place half the coriander leaves in a bowl of iced water and set aside. Place the remaining coriander in a food processor along with the cooled rice, two sliced spring onions, the chicken, lemongrass, garlic, ginger and kaffir lime leaves. Pulse until combined and smooth.

JAMIE OLIVER.



Asian chicken & rice  
balls with broth.  
Opposite: rice  
& peas with jerk  
roasted veggies.



With wet hands, roll mixture into 16 small balls. Heat the oil in a large flameproof casserole over medium-high heat. Cook rice balls, turning, for 5 minutes or until golden all over. Add the prawns and stir-fry for 1 minute, then stir in the miso paste and 1.25L (5 cups) boiling water. Simmer for 10 minutes, adding the pak choi and snowpeas for the final 2 minutes and the bean sprouts for the final 30 seconds, until vegetables are tender-crisp. Season with the soy sauce.

Thinly slice remaining 4 spring onions. Divide broth, rice balls, vegetables and prawns among 4 bowls. Sprinkle over the spring onion, chilli and drained reserved coriander. Serve with lime halves.

#### STEAMED FISH WITH BROWN RICE AND GREENS

SERVES 4

*Fish and vegetables are steamed with brown rice and served with an amazing zingy sauce. While the rice is cooking, add cloves for a flavour boost. You will need a two-tiered bamboo steamer.*

300g mixed rice (brown, wild and red)  
4 whole cloves  
4 x 170g skinless silver dory fillets  
(or other flat white fish), pin-boned  
2 lemongrass stalks, bruised,  
halved lengthways  
2 bunches broccolini, trimmed

**GINGER & TAMARI SAUCE**  
1 garlic clove, crushed  
4cm piece ginger, finely chopped  
1 long red chilli, seeds removed,  
finely chopped  
Finely grated zest of 1 lime,  
plus juice of 2 limes  
1/2 lemongrass stalk, bruised,  
thinly sliced  
1/2 cup (125ml) tamari  
1/4 cup (60ml) fish sauce  
1/4 cup (90g) honey  
1 tsp sesame oil  
1 1/2 tbs peanut oil

For the ginger and tamari sauce, using a mortar and pestle, pound the garlic, ginger and chilli to a coarse paste. Add the lime zest and juice, lemongrass, 1 tbs each tamari and fish sauces, and 1 tsp honey. Grind to combine and loosen. Add the remaining tamari and fish sauces, and honey, then stir in sesame and peanut oils. Season.

Season fish fillets, then roll up and skewer with half a lemongrass stalk, which will flavour the fish as it cooks.

Cook the rice according to the packet instructions, adding the cloves to the cooking water. While the rice is cooking, place a two-tiered bamboo steamer on top of the pan. Steam the broccolini in the first tier and the fish rolls in the top tier for 5 minutes or until broccolini is tender and fish is just cooked.

Combine three-quarters of the sauce with the rice and spoon into a serving bowl. Serve with the broccolini and fish, with the remaining sauce on the side.

#### BEEF & QUINCE STIFADO WITH RICE

SERVES 6-8

*Stifado is a well-known Greek stew, and this rich, warming recipe is perfect for any time of year.*

1/4 cup (60ml) olive oil, plus extra to serve  
600g pickling onions, peeled  
1.2kg beef shin, cut into 4cm pieces  
1 large onion, thinly sliced  
4 garlic cloves, thinly sliced  
1 bunch flat-leaf parsley, leaves picked,  
stalks finely chopped  
4 bay leaves  
1 tbs dried oregano  
1/2 tsp dried mint  
1/2 cinnamon quill  
1 tsp allspice berries  
2 x 400g cans whole tomatoes  
2 tbs tomato paste  
2 cups (500ml) red wine  
1/4 cup (60ml) red wine vinegar  
1 small dried red chilli (optional)  
1 large quince (500g), cut into wedges,  
rubbed with lemon juice  
400g mixed rice (brown, wild and red)  
6 whole cloves  
Lemon juice, to taste

Preheat the oven to 140°C.

Heat 2 tbs oil in a large flameproof casserole over medium heat. Cook the pickling onions for 6-8 minutes until softened, then transfer to a bowl.

In the same pan, sear the beef, in 2 batches, until browned all over. Remove and set aside. Heat remaining 1 tbs olive oil and cook the sliced onion, garlic, parsley stalks, bay leaves, oregano, mint, cinnamon and allspice for 8 minutes or until onion has softened.

Add the tomatoes, tomato paste, wine, vinegar and pickling onions. Return meat to the pan and add enough water to just cover. Bring to the boil over medium heat. Season, then add the dried chilli, if using.



Beef & quince  
stifado with rice.  
Opposite: steamed  
fish with brown  
rice and greens.





Sri Lankan  
fish curry

Cover with a piece of damp baking paper, then a lid and bake for 3 hours. Add the quince and bake for a further 1 hour or until the beef is very tender and the sauce has thickened.

Meanwhile, cook the rice with the cloves, according to packet instructions.

Add lemon juice to the stifado to taste. Finely chop parsley leaves and sprinkle over the top, and drizzle with oil to serve.

### CALIFORNIAN SALAD

SERVES 6

The popped rice in this salad gives it an amazing, unexpected crunch, and you can use any vegies you have on hand.

150g mixed rice (brown, wild and red)  
1/4 cup (30g) chopped hazelnuts  
2 tbs seed mix  
1/2 tsp cumin seeds  
1 tsp sesame oil  
2 heirloom beetroots, very thinly sliced using a mandoline  
2-3 heirloom carrots, very thinly sliced using a vegetable peeler

1 pear, cut into wedges  
1 avocado, chopped  
1 butter lettuce, cut into 8 wedges  
1/2 cup (20g) alfalfa sprouts  
100g baby kale  
Seeds of 1/2 pomegranate  
25g feta, crumbled

#### CITRUS DRESSING

Juice of 1/2 orange  
Juice of 1/2 lemon  
1 cup (250ml) extra virgin olive oil

Cook the rice according to the packet instructions. Set aside to cool.

For the citrus dressing, whisk all the ingredients in a bowl. Season, then set aside.

Toasting the hazelnuts and seed mix in a small frypan over low heat, then transfer half to a mortar and pestle and coarsely grind. Set aside.

Place a large frypan over high heat, add the cumin seeds, sesame oil and cooled rice, then cook, tossing, for 10 minutes or until the mixture is toasted and popping. Season and set aside.

Combine the beetroot, carrot, pear, avocado, lettuce, alfalfa sprouts and kale in a bowl, then toss to combine. Arrange on a large platter or board, then scatter over all the nuts and seeds. Drizzle over some dressing and toss to ensure everything is lightly coated.

Scatter over the pomegranate, feta and warm, crispy rice. Serve with the remaining dressing on the side.

### SRI LANKAN FISH CURRY

SERVES 4

500g firm boneless white fish fillets (such as ling), cut into 4cm pieces  
1 tsp ground turmeric  
Finely grated zest and juice of 2 limes  
100ml coconut milk  
1 cup (200g) brown rice

#### CURRY SAUCE

1 tbs peanut oil  
2 onions, halved, thinly sliced  
4cm piece ginger, finely chopped  
2 garlic cloves, thinly sliced  
10 curry leaves  
2 long green chillies, sliced  
2 tsp brown mustard seeds  
1 tsp cumin seeds  
1 tsp fenugreek seeds  
1/2 tsp ground turmeric  
3 cardamom pods, bashed  
10 vine-ripened tomatoes, roughly chopped  
1 tbs tamarind paste  
300ml coconut milk

Place the fish in a bowl with the turmeric, lime zest and juice, and a large pinch of salt. Gently toss to coat, then chill for 1 hour to marinate.

Combine the coconut milk with 300ml water and a pinch of salt in a saucepan over medium heat. Add the rice and bring to the boil, then reduce heat to low and cook, covered, for 20 minutes or until rice is cooked.

Meanwhile, for the curry sauce, heat the peanut oil in a large flameproof casserole over medium-high heat. Cook the onion, ginger, garlic, curry leaves and green chillies for 5-10 minutes until the onion is softened and golden. Add the mustard seeds, cumin, fenugreek, turmeric and cardamom, then cook for 1 minute or until fragrant. Stir in the tomato, tamarind paste, coconut milk and 100ml water, then simmer for 10 minutes or until the tomatoes begin to break down and the sauce has thickened.

Add the fish to the sauce and simmer for 10-15 minutes until the fish is just cooked through. Remove and discard the cardamom pods and serve the curry with rice on the side. X



Translation:  
Bulgogi  
"fire-meat"

Meaning: Kalbi  
or galbi means  
"rib" in Korean.

Say it:  
"may-oon" It's  
Korean for spicy!

Bulgogi  
Etiquette:  
Koreans wrap  
bulgogi in a  
lettuce leaf &  
eat it in 1 bite!

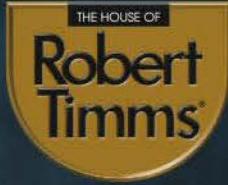
new!  
Korean  
불고기  
bulgogi  
"fire meat"  
kalbi  
갈비  
maeun  
매운 불고기  
bulgogi



Have you discovered K-food yet?

Koreans love a good Bap 밥  
(rice or meal). Create authentic  
Korean food at home with OBAP.

For more information visit  
[www.oriental.com.au](http://www.oriental.com.au)  
Available at Woolworths  
and leading supermarkets.



The Heart of Fine Coffee

# Indulge yourself with The House of Robert Timms

## WIN A LUXURIOUS TRIP TO THE MALDIVES



### PRODUCT HIGHLIGHT

#### The House of Robert Timms Coffee Bags

- A blend of premium ground and soluble coffee
- A unique and convenient way to enjoy a deliciously satisfying coffee
- Available in Italian Espresso Style, Mocha Kenya Style, Royal Special, Gold Colombia Style and Decaffeinated in packs of 8, 18 and 28



## INDULGE IN THE EXPERIENCE

The House of Robert Timms has been an Australian symbol of quality for more than 60 years, bringing a wealth of expertise and knowledge to the local coffee industry. Founder Robert Timms' love of his trade and dedication to producing only the finest quality coffee is evident throughout the complete range of products from The House of Robert Timms. Locally roasted in Australia, The House of Robert Timms coffee is known for its premium taste and freshness. And these qualities reflect the passion and commitment to high standards behind Robert Timms' famous declaration:

*"I would personally sign every coffee bean if I could."*

*R.Timms*

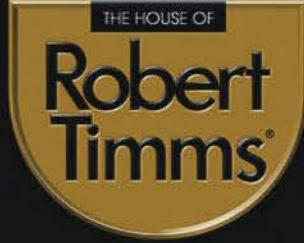
## WIN A TRIP TO MALDIVES

You and a friend could win a trip valued at \$13,000 including return flights to the Maldives (with a seaplane transfer to the resort) and six nights' accommodation in a deluxe water villa at the five-star Centara Grand Island Resort & Spa, Maldives. For full terms and conditions, visit [taste.com.au/roberttimms](http://taste.com.au/roberttimms)

## HOW TO ENTER

- Purchase any product from The House of Robert Timms coffee range during the promotional period
- Keep your receipts as proof of purchase and include the last six digits of the barcode when entering
- Submit your details at [taste.com.au/roberttimms](http://taste.com.au/roberttimms); call 1900 966 329; SMS 19 711 223; or mail your entry to Robert Timms competition, PO Box 6304, Frenchs Forest, NSW 2086

Open to Australian residents only. Contact the Salmat help desk on 1300 131 276. SMS/call cost is 55 cents (incl GST). Mobile calls to 190 extra. Competition opens 09/02/15 and closes 20/05/15 at 23:59 (AEST). Total prize pool value is \$54,000. Winners drawn at 2pm on 16/03/15, 20/04/15 and 27/05/15 at Salmat, Level 2, 116 Miller Street, North Sydney, NSW 2060. Proof of purchase required for each entry. Winners notified by mail and published in *The Australian* on 19/03/15, 23/04/15 and 01/06/15. Permit numbers: NSW: LTPS/14/09219, VIC: 14/5736, ACT: TP 14/04047, SA: T14/2166. Terms and conditions including the Privacy Notification Statement are available at [taste.com.au/roberttimms](http://taste.com.au/roberttimms)

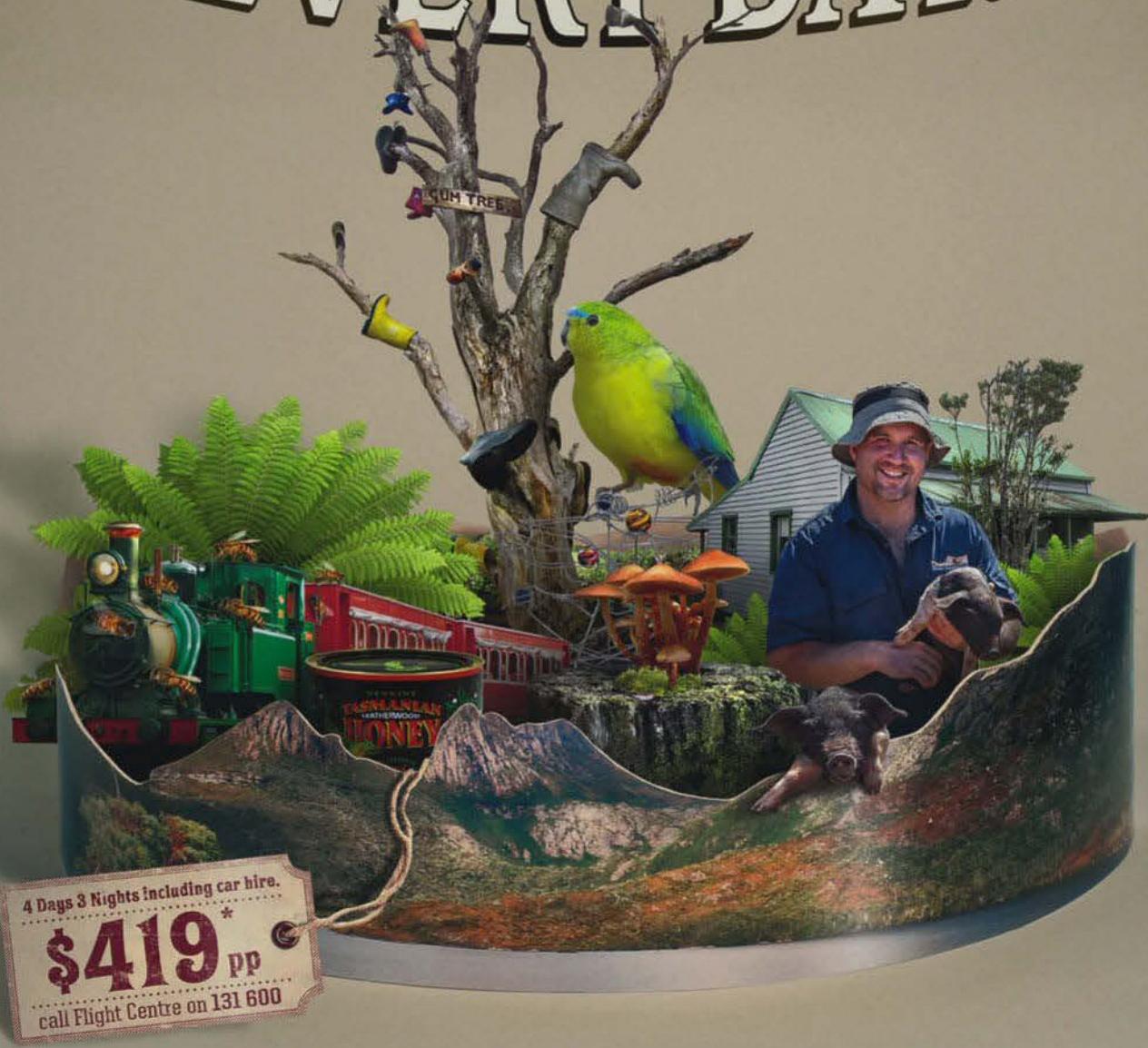


The Heart of Fine Coffee



AVAILABLE AT COLES, WOOLWORTHS,  
IGA AND INDEPENDENT RETAILERS

*See things*  
**EVERY DAY**  
THAT YOU DON'T SEE  
**EVERY DAY.**



There are some sights you need to see to believe. And even then they're unbelievable, like the wild Cradle Coast. It's here you will find The Tarkine, the second largest cool temperate rainforest on earth. Behind every trunk, above every canopy, amongst every grass and in every stream, there are rare plants and animals you've probably never seen before. Of course they're not the only rarities around here. Take the exotic Wessex Saddleback pig at Mount Gnomon

Farm for example. What started out as a hobby is now Tasmania's biggest free-range piggery, with a restaurant serving up a smorgasbord of fresh cuts daily. Now extinct in England, these lovable Saddlebacks are the happiest and healthiest pigs alive... explains why they're also the tastiest.

Find more behind the scenery stories at  
[GOBEHINDTHESCENERY.COM.AU](http://GOBEHINDTHESCENERY.COM.AU)

\*Package includes 3 days pre-booked Innkeepers Hotels Pass and 4 days economy car hire. Valid for travel 1 May - 31 Aug 2015. Terms and conditions apply. Please note this pass must be pre-booked. Valid for sale 22 Jan - 31 July 2015.

TAS0426-C-002

[fb.com/discovertasmania](https://fb.com/discovertasmania)

[@tasmania](https://twitter.com/tasmania)

[@tasmania](https://www.instagram.com/tasmania)

[WorldMags.net](http://WorldMags.net)

**Tasmania**

- GO BEHIND THE SCENERY -

Top 50

- » *rachel khoo's recipes from her travels*
- » *postcard from lord howe island*
- » *foodie guide to the central coast*

GLOBAL FLAVOURS.

PUBLIC SUBWAY

RECIPES RACHEL KHOO PHOTOGRAPHY DAVID LOFTUS  
STYLING FRANKIE UNSWORTH



UNDERGROUND

PUBLIC SUBWAY

# *Confessions* OF A FOODIE

From 'English-girl-living-in-Paris' to internationally loved foodophile with a penchant for polka dots, Rachel Khoo shares flavours close to her heart in her latest book, *Rachel Khoo's Kitchen Notebook*.

"I carry a notebook everywhere, and it almost always ends up tattered and splashed with various food stains from eating my way around the world. The recipes, kitchen titbits and tips that end up in it are all something that I wanted to share. Recipes that reflect both my culinary past and my present, the places I've been, my kitchen experiences... a book that tells a story of how I cook."

Follow Rachel:  @rachelkhooks  @rkhooks

### **GOAT'S CHEESE CIGARS WITH MELON & CUCUMBER SLAW**

**SERVES 4 AS A STARTER**

The area around Nice in France tends to produce goat's cheese rather than cheese made from cow's milk, as the landscape is too rugged and rough for cows to graze. Goats graze on whatever grows, from wild herbs like oregano and thyme, to berries, and these flavours subtly influence the end product. These cigars make a delectable starter or aperitif with a glass of rosé, showcasing the flavours of Provence.

2 sheets filo pastry  
60g unsalted butter, melted  
8 thyme sprigs, leaves picked  
125g soft goat's cheese (chèvre)  
1 tbs honey (lavender if possible)

#### **MELON & CUCUMBER SLAW**

1 Lebanese cucumber, peeled, seeds removed, cut into thin matchsticks  
1/2 unripe honeydew melon, seeds removed, cut into thin matchsticks  
6 radishes, trimmed, thinly sliced  
1 tbs extra virgin olive oil  
2 tsp red wine vinegar

Preheat the oven to 200°C. Place filo sheets on a work surface. Cut in half widthways, then trim so you have four 15cm x 20cm sheets. Reserve 1 tbs butter, then brush 1 sheet generously with butter, (cover remaining sheets with a tea towel to prevent them from drying out). Sprinkle a few thyme leaves over the filo, then crumble one-quarter of the cheese

in a line along one short end. Drizzle a little honey over the cheese, then, starting at the cheese end, roll the pastry over the cheese and seal. Repeat the process to make 4 cigars. Place on a baking paper-lined baking tray, sealed-side down, then brush with the reserved butter. Bake for 15-20 minutes until golden and crisp.

Meanwhile, to make the slaw, combine cucumber, melon and radish in a bowl. Place the oil and vinegar in a small jar, season and shake to combine well. Add dressing to the salad and toss to combine. Serve cigars with the slaw.

### **DUCK RAGU WITH CRISP PORRIDGE WEDGES**

**SERVES 4**

I have an enduring love of porridge and it doesn't stop at breakfast. Serving porridge for dinner might not be the most obvious choice, but pan-fry it to crisp and golden perfection and you'll end up with the most amazing accompaniment to a rich ragu.

3 duck marylands  
1 tbs sunflower oil  
4 garlic cloves, crushed  
2 anchovy fillets in oil, drained, chopped  
1 onion, finely chopped  
2 carrots, roughly chopped  
1 celery stalk, roughly chopped  
150ml red wine  
400g can cherry tomatoes  
1 large rosemary sprig  
Pared zest of 1 orange

### **CRISP PORRIDGE WEDGES**

200g rolled oats  
1 cup (250ml) milk  
350ml hot chicken stock  
3/4 cup (60g) finely grated parmesan  
2 tbs finely chopped chives  
40g unsalted butter

Season the duck with plenty of salt and pepper. Heat the oil in a large saucepan over medium heat. Place the duck, skin-side down, in the pan and cook for 3 minutes or until the skin begins to turn golden and crisp. Turn and cook for a further 2 minutes, then remove from the pan and place on a plate. Drain off the oil, leaving about 1 tbs in the pan.

Reduce heat to medium-low and add the garlic, anchovy, onion, carrot and celery. Cook, uncovered, for 5 minutes or until the anchovies have dissolved. Add the wine and simmer for 2 minutes,



GLOBAL FLAVOURS.



## GLOBAL FLAVOURS.

then add the tomatoes, rosemary and orange zest. Bring back to a simmer, then return duck to the pan, cover the surface with baking paper and a lid, and cook on a low heat for 1½ hours or until the meat is tender and falling off the bone. Discard the orange zest and rosemary. Transfer duck to a board and, using two forks, shred the duck meat, discarding the skin and bones. Stir the duck meat back into the sauce and season to taste.

Meanwhile, combine the oats, milk and stock in a saucepan, set aside to soak for 10 minutes. Grease and line a 20cm square baking pan with baking paper. Place saucepan over medium-low heat and bring oat mixture to a simmer, stirring constantly. When the porridge is thick, remove from heat. Add parmesan and 1½ tbs chives, season, and stir well to combine. Pour the porridge into the lined pan and smooth surface. Refrigerate for 30 minutes to set.

Heat half the butter in a frypan over medium heat. Cut the porridge into 8 slices. Add 4 slices to the frypan and cook, turning, for 6-7 minutes until golden and crisp. Repeat with the remaining butter and porridge slices.

Divide porridge slices among 4 serving plates, top with the duck ragu and sprinkle with remaining chives to serve.

### POACHED FENNEL WITH PINK PRAWNS AND ALMONDS

SERVES 4 AS A STARTER

The memory of eating fennel poached in milk at a friend's house in Milan many years ago is something that has stuck with me ever since. The lightly fragrant, creamy broth with the tender fennel was divine. My recipe might have a few extras, but the hero is still the simple poached fennel.

1 large fennel bulb  
200ml milk  
100ml pure (thin) cream  
200ml vegetable stock  
12 (about 400g) green king prawns, peeled, deveined  
30g flaked almonds  
Finely grated zest of 1 lemon  
Extra virgin olive oil, to drizzle

Cut the fennel lengthways into quarters. Remove and reserve the fronds, then trim the tough tips from the stalks and remove any scruffy outer leaves. Place the fennel quarters in a saucepan just large enough to fit the fennel snugly, then pour over the milk, cream and stock, and season with salt and white pepper (this keeps the sauce white). Bring to a simmer over medium heat, then cover with a lid, reduce heat to low and cook for 15 minutes or until the fennel is tender, adding the prawns for the final 3-4 minutes of the cooking time. Remove from the heat and season to taste.

Meanwhile, toast the almonds in a dry frypan over medium heat, tossing until golden, then set aside.

To serve, place a wedge of poached fennel in each bowl and divide the prawns over the top. Pour over some of the hot broth, then sprinkle with toasted almonds and the fennel fronds. Scatter with lemon zest and drizzle over a little olive oil.

### BLACK FOREST GATEAU BOWLS

MAKES 8

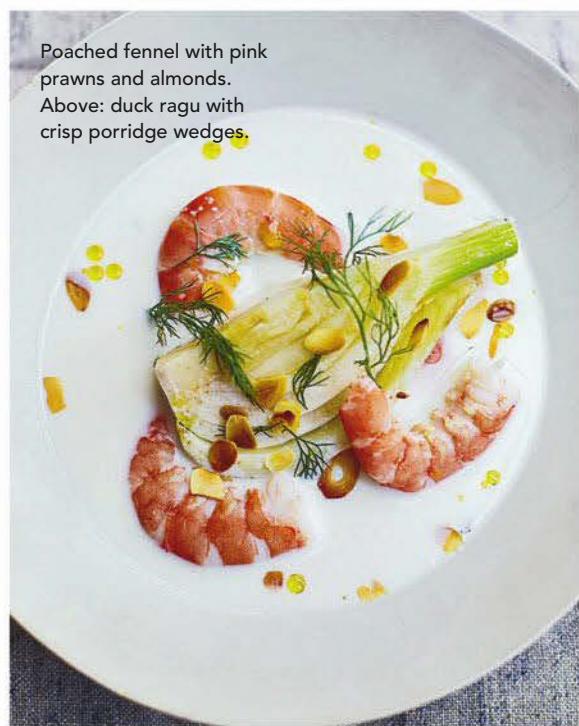
This recipe combines all the classic ingredients of that great retro dessert. For an impressive, dainty twist, try serving it in these cute homemade chocolate bowls. You will need 8 small balloons.

90g plain flour  
2 tbs cocoa powder  
1 tsp baking powder  
2 eggs  
1 cup (220g) caster sugar  
50g unsalted butter, melted  
400g cherries (or 300g frozen pitted cherries, thawed)  
300ml thickened cream  
1 tbs icing sugar, sifted  
Shaved dark chocolate (optional), to serve

### CHOCOLATE BOWLS

400g dark chocolate (70%), broken into small pieces  
2 tbs sunflower oil, plus extra to grease





Poached fennel with pink  
prawns and almonds.  
Above: duck ragu with  
crisp porridge wedges.

Preheat the oven to 180°C. Grease and line a 20cm springform cake pan with baking paper.

To make the sponge, sift together the flour, cocoa and baking powder in a bowl. In a separate bowl or stand mixer, whisk eggs and 120g caster sugar for 7-8 minutes on medium-high speed until pale and fluffy. Add the melted butter and fold into the eggs, followed by the sifted flour mixture. Pour into the cake pan. Bake for 30 minutes or until a skewer comes out clean. Set aside for 5 minutes, then turn out onto a wire rack to cool.

Pit cherries (reserving 8 whole cherries with stems for the garnish). Combine remaining 100g caster sugar with 100ml water in a pan over medium heat and bring to a simmer. Add the cherries and cook for 10 minutes or until softened, then remove from the heat and set aside to cool slightly. Place in the fridge to chill.

Meanwhile, for the chocolate bowls, blow up the balloons until roughly 10cm in diameter, then tie them. Fill a small saucepan one-third with water and bring to a gentle simmer. Place chocolate and oil in a small heatproof bowl set over pan and stir until chocolate has melted (don't let the bowl touch the water). Set aside for 10-15 minutes to thicken; you want it to be the consistency of thick cream. Cover a tray with some lightly oiled plastic wrap, then dip a balloon into the chocolate and place on the tray. Place into the fridge to set. You may need to do this in batches, depending on how many balloons your fridge can hold. Once the first layer of chocolate has set, repeat with a second layer. (You may need to gently reheat the chocolate.) Return to the fridge. Once set, remove the balloons. Snip across the top to let the air out, then gently pull the balloon away to reveal the bowl. Store the bowls in the fridge until needed.

Cut the cake into small pieces and divide among bowls. Top with cherries and drizzle over some syrup. Whisk the cream with the icing sugar to soft peaks, then place in a piping bag fitted with a 2cm star nozzle. Pipe a swirl of cream over each bowl, then top with chocolate shavings, if using, and a reserved cherry to serve.

## RHUBARB & CUSTARD MILLE-FEUILLES (COVER RECIPE)

MAKES 6

375g frozen butter puff pastry  
(we used Careme Pastry), thawed  
1 egg, lightly beaten  
100g caster sugar  
400g rhubarb (about 8 large stalks),  
trimmed, cut into 10cm lengths  
Icing sugar, to dust

### CUSTARD

3 egg yolks  
40g caster sugar  
1½ tbs cornflour, whisked with  
1 tbs lukewarm water  
1 cup (250ml) milk  
½ vanilla bean, split, seeds scraped

For the custard, whisk the egg yolks and caster sugar for 2-3 minutes until thick and pale, then whisk in the cornflour mixture. Heat milk in a pan with the vanilla pod and seeds. Bring to the boil, then remove from heat. Whisking vigorously, pour milk in a slow stream into the egg yolk mixture. Return custard mixture to a clean pan over medium heat, whisking constantly until mixture starts to thicken. (Make sure you scrape the sides and bottom, otherwise the mixture will burn.) Once it releases a bubble or two, remove the pan from the heat. Discard vanilla pod, pour the custard into a bowl and set aside to cool. Spoon into a large piping bag fitted with a 1cm nozzle and chill for 1-2 hours.

Preheat the oven to 200°C. Line a baking tray with baking paper.

Roll out the pastry to a 24cm x 30cm rectangle, then cut into eighteen 10cm x 4cm rectangles and place on the tray, lightly brush with beaten egg, then sprinkle with 2 tbs caster sugar. Cover glazed rectangles with baking paper, then place another baking tray on top; this will stop the pastry rising. Bake for 30 minutes or until golden and crisp. (If your pastry doesn't look quite done after 30 minutes, remove the baking paper and tray, and bake for a further 6-8 minutes.)

Meanwhile, toss rhubarb with remaining ¼ cup (55g) caster sugar and place in a

small baking dish. Roast on a shelf under pastry for 20 minutes or until tender but holds its shape. Cool completely.

To assemble, place a pastry rectangle onto serving plates, then place 3 rhubarb pieces over the pastry. Top with another pastry rectangle, then pipe over custard. Top with a third pastry rectangle. Repeat to make 6 mille-feuilles. Dust with icing sugar and serve immediately. (To recreate our cover, hold a long metal skewer over a flame until very hot, being careful not to burn yourself, then lightly press it into the pastry to scorch, reheating the skewer as necessary.) X

*Rachel Khoo's Kitchen Notebook*  
(Michael Joseph/  
Penguin Books,  
\$39.99) is available  
nationally in all  
good bookstores.



GLOBAL FLAVOURS.



Black forest gateau bowls. Right: rhubarb & custard mille-feuilles.





# travel NEWS

Hot destinations, cool stays, travel essentials & everything in transit.

## CHECK IN

1 Spend the night over-water at the revamped hydro-electric station and wilderness boutique hotel **PUMPHOUSE POINT** (left), in Lake St Clair, Tasmania. Hike, bike, or kick back by the fire and enjoy the bay-window views. [pumphousepoint.com.au](http://pumphousepoint.com.au)

2 **QT PORT DOUGLAS** (above) redefines hotel dining with its pavilion-style, open-air Bazaar restaurant. Think street-food counters, from seafood to pizza, grill and desserts. [qtportdouglas.com.au](http://qtportdouglas.com.au)

**TAKE OFF** First tickets go on sale late March for Air New Zealand's new direct service between Auckland and Argentina, with easy connections from Australia. *Buenos dias, Buenos Aires!* [airnewzealand.com.au](http://airnewzealand.com.au)



### CARRY ON

**Louis Vuitton's 'Keepall Bandouliere 45'** overnight bag in Damier Azur canvas, \$1980, is an upgrade magnet. **YSL Volupte Tint-In-Oil**, \$49, will keep travel glamourista lips hydrated no matter the altitude, or attitude...

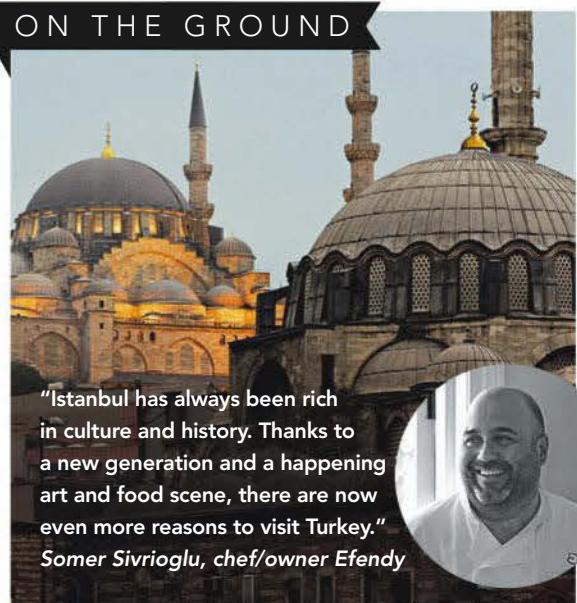
## FINAL call

• LAX just upped the ante with Qantas' new Marc Newson-designed First Class lounge featuring LA's first Neil Perry restaurant. [qantas.com.au](http://qantas.com.au) • Sydney visitors can now indulge in some serious luxury at Shangri-La Hotel's Horizon Club lounge and super-sized hotel rooms. [shangri-la.com](http://shangri-la.com)

Edited by Heidi Finnane:  @runsandheids  @heidifinnane



### ON THE GROUND



"Istanbul has always been rich in culture and history. Thanks to a new generation and a happening art and food scene, there are now even more reasons to visit Turkey."

**Somer Siviroglu, chef/owner Efendi**



INSIDER.



# destination DELUXE

Wherever you're heading, hit the highways or skyways in style with these covetable accessories and pampering products.

1. Aesop Protective Body Lotion SPF50 sunscreen, \$40, [aesop.com](http://aesop.com).
2. Le Specs 'The Villain' sunglasses in Tort, \$69.95, [lespecs.com](http://lespecs.com).
3. Mettle Fair Trade 'Ceres' clutch, \$99, [mettlenonline.com](http://mettlenonline.com).
4. Kate Spade 'Gold Dots' small notepad, \$15, [papierdamour.com.au](http://papierdamour.com.au).
5. Jimmy Choo 'Wheel' velvet and sequin slippers, \$509, [shopstyle.com](http://shopstyle.com).
6. Mighty Purse 'Premium Snake Print' charger clutch, \$109.95, [handbag-butler.com](http://handbag-butler.com).
7. Lululemon Athletica 'The (Big) Towel' in oki feathered print, \$55, [lululemon.com.au](http://lululemon.com.au).
8. Moleskin extra-large classic plain softcover notebook, \$36.65, [rushfaster.com.au](http://rushfaster.com.au).
9. Apple iPhone 6 in silver, from \$869, [store.apple.com/au](http://store.apple.com/au).
10. Black + Blum 'Eau Carafe Good' charcoal drink bottle, \$99.95, [until.com.au](http://until.com.au).
11. Mujjo iPad envelope sleeve in black, \$99.95, [rushfaster.com.au](http://rushfaster.com.au).
12. Florence Broadhurst travel set in Bluebell, \$34.95, [outliving.com](http://outliving.com).
13. Maison Francis Kurkdjian Globe Trotter Refills, \$104, [mecca.com.au](http://mecca.com.au).
14. Maison Francis Kurkdjian Globe Trotter Travel Case Zinc Edition travel spray case, \$145, [mecca.com.au](http://mecca.com.au).
15. Essie 'No More Film' navy nail polish and 'Butler Please' bright blue nail polish, \$16.95, [priceline.com.au](http://priceline.com.au).

INSIDER.

# 24 hours in BOSTON

The city of cream pies, clam chowder and Julia Child has plenty more to offer, from upscale dining to boisterous bars, says Akash Arora.



## UP AND GO

Who says Americans don't do good coffee? Head to **Render Coffee** (563 Columbus Ave) for artisan brews and breakfast offerings, such as bagels with roast capsicum hummus. Or **Pavement Coffeehouse** (44 Gainsborough St), named one of 'America's coolest coffeehouses' by *Travel+Leisure* magazine.

## TRUE NORTH

Boston's oldest neighbourhood, the North End, is full of Italian delis and bakeries. Stock up on house-made pasta at **Bricco Salumeria and Pasta Shop** (11 Board Alley); Italian subs at **Monica's Mercato** (130 Salem St); and anise biscotti at **Maria's Pastry Shop** (46 Cross St).

## CASUAL AFFAIR

The city is big on casual upscale dining. On-trend **Henrietta's Table** (1 Bennett St) serves classic New England dishes, such as salt-cod cake with native rocket and tartare sauce. **Taj Boston** (15 Arlington St) offers stellar views of the Public Garden (and Champagne) at its spring/summer Rooftop Sunday Brunch.

## STREET SMARTS

Lined with historic brownstones, Newbury Street is not only Boston's shopping mecca, but also home to fantastic cafes and bakeries. Pick up a coffee at **Thinking Cup** (85 Newbury St), then match it up with something sweet at **Georgetown Cupcake** next door. Beware: queuing is mandatory.

## BEHIND THE BAR

No trip to the city is complete without a visit to **Eastern Standard** (528 Commonwealth Ave), the spot to see Boston at its most boisterous. Order the fried calamari with pickled-pepper aioli, with a glass of Ellie's Brown Ale.

## AFTER DARK

Enjoy New England cuisine with a French twist at **L'Espalier** (774 Boylston St), where chef Frank McClelland offers dishes such as grilled lobster with corn veloute. Or head to **Liquid Art House** (100 Arlington St), an art gallery, bar and restaurant, where chef Rachel Klein's milk-fed suckling pig is the main event.

## BED TIME

**Four Seasons Hotel Boston** (200 Boylston St) is across the road from the city's historic Public Garden, and a short walk from some of the city's top attractions, including Newbury Street, South End and Boston Common. Rooms are bright and spacious, with king beds and L'Occitane toiletries. Do make a trip to its restaurant, **The Bristol Lounge**, renowned for its Sunday brunches and dry-aged steaks.

APP-SOLUTELY FREE  
TO DOWNLOAD EVERY WEEK



LIKE TO  
**FREE**style?

YOU CAN NOW DOWNLOAD THE SUNDAY STYLE IPAD APP FOR FREE EVERY WEEK!  
VISIT APPSTORE.COM/SUNDAYSTYLE



Download on the  
App Store

sunday  
**style**



# island TIME

**Shannon Harley** plays modern-day castaway at Lord Howe Island, where chefs scuba dive before service and compete with mutton birds for wild sea succulents.

LORD HOWE ISLAND has one police officer, the local school has 20 students and the island hospital has three beds. Transport is by bicycle and there's no WiFi, in fact, I almost get admitted to one of those three beds when I realise there's no phone reception either. This subtropical speck in the ocean, a hair-raising two-hour flight from Sydney, is as remote and secluded as islands come. So it's surprising to find Toowoomba chef Peter Smit, who has worked at Brooks and Attica in Melbourne, running the kitchen at Capella Lodge, a barefoot-luxury retreat perched between the lush palm-covered slopes of Mount Gower and the thrashing Pacific Ocean.

"Unlike many chefs, I don't spend every waking hour in the kitchen," says the 30-year-old castaway. "I start my day with a scuba dive and go foraging in the afternoon for samphire, sea grapes, beach mustard, salt bush and edible flowers."

The island has shaken its 19th-century tagline of "pigs, onions and no maidens" spruiked by old whaling maps – the seafarer's

**"I start my day with a scuba dive and go foraging in the afternoon for the dinner menu."**

version of *Lonely Planet* (or Tinder, really), and is now a haven for mainlanders wanting to get back to nature. Days are passed snorkelling in the crystal-clear water, walking the island's tracks (the Valley of the Shadows, with its huge banyan trees, is eerily beautiful, while climbing to the cloud forest at the summit of Mount Gower rewards with a 360-degree view), or doing not too much at all – a recurring theme, it seems.

"Fruit and veg can be hard to grow in our limited space, but we prepare locally caught fish for our guests in many ways – sashimi, ceviche, barbecued. Sometimes the best way to serve our fresh produce is to do nothing much at all," says Peter. Visit: [capellalodge.com.au](http://capellalodge.com.au) and [qantas.com](http://qantas.com) (QantasLink operates 11 return flights per week between Sydney and Lord Howe Island, plus direct flights from Brisbane and Port Macquarie).

## YELLOWFIN TUNA CARPACCIO WITH POMELO, TOMATO AND BEE POLLEN

SERVES 4 AS A STARTER

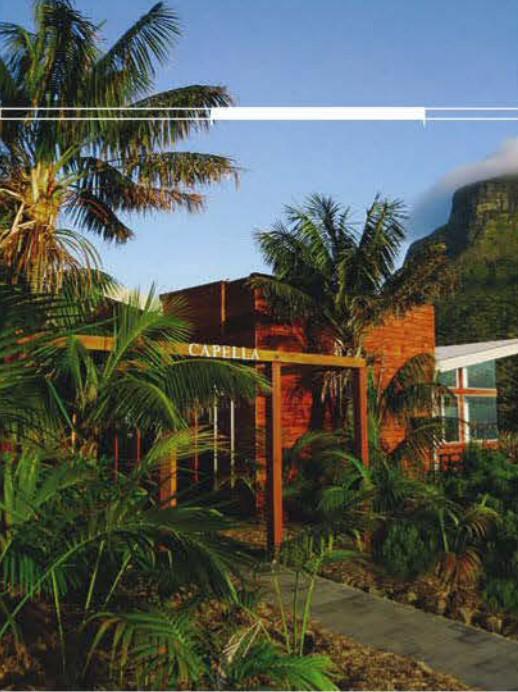
1 small pink-fleshed pomelo (Southeast Asian citrus fruit) or ruby red grapefruit  
 1/4 tsp caster sugar  
 1 small fennel bulb, very thinly sliced using a mandoline, fronds reserved  
 1 ox-heart (beefsteak) tomato, quartered, seeds removed  
 1 eschalot, thinly sliced  
 200g sashimi-grade yellowfin tuna or kingfish, thinly sliced  
 1 tbs white balsamic vinegar  
 2 tbs olive oil  
 1 tbs bee pollen (optional – from health food stores)  
 Micro herbs (optional), to serve

Peel the pomelo and segment over a bowl to catch any juice. Set aside the segments, then squeeze out any remaining juice from the membrane into the bowl. Add the sugar with 1/2 tsp salt to the juice in the bowl and stir to dissolve. Add the fennel to the bowl and set aside for 5 minutes to marinate. Drain, reserving juice.

Divide tomato among serving plates, then add the drained fennel, pomelo segments, eschalot and tuna slices.

For the dressing, combine balsamic vinegar, olive oil and 1/4 cup (60ml) reserved pomelo juice in a bowl. Season, then drizzle over the salad. Top with fennel fronds, bee pollen and micro herbs, if using, to serve. X

Follow Shannon: @misspamplemousse cameraforkpassport.blogspot.com.au



Clockwise from top left:  
Capella Lodge enjoys  
a secluded location  
above Lord Howe  
Island's tiny, secret  
beach at Lovers Bay;  
mighty Mount Gower;  
views with every meal  
at Capella Lodge;  
yellowfin tuna carpaccio  
with pomelo, tomato  
and bee pollen.



# LOCAVORE

*Central Coast*

This once-sleepy, surfie Sydney outpost is starting to punch above its weight on the food and drink front, as a new wave of young entrepreneurial types, including food writer **Yasmin Newman**, head out of the city and make the Central Coast their home.



**LOCAVORE.**



You heard it here first: the Central Coast is on the rise. In recent years, young families attracted by the reasonably priced properties have swapped the bright lights of Sydney for a slower pace of life – and not looked back. My husband, Steve, and I got the tip from a friend, and now a whole group of us has joined the tide. The setting and location are huge drawcards: uncrowded, pristine beaches and national parks at every turn. As more

young blood flows in, suburbs such as Long Jetty and Ettalong are being transformed and joining the ranks of popular weekend holiday destinations Avoca Beach, Killcare, Hardys Bay, Pearl Beach and Patonga – particularly in the dining department. In the past, wine and dine options on the Coast were limited beyond beach barbecues, but the scene is changing. Fresh ideas and creative talent (plus a bit of city know-how) have resulted in a wave of new cafes and restaurants that are upping the ante for the region's food scene. These days, you can load up a picnic basket with artisan goodies, grab a cracking coffee and a wholefoods feast at a hipster cafe, or drink cocktails late into the night with some Japanese fried chicken on the side. Here's a snapshot of our current favourites – proof that the Central Coast is definitely hitting its stride.





## 1 SHOPPING HAUL

Don't leave the 'hood without popping in to retro-styled **GREEN TANGERINE** (393 The Entrance Rd, Long Jetty). Pull up a 60s bar stool by the window for coffee by Sydney roaster The Little Marionette, then stock up on gourmet goods for your weekend lodging or a picnic at nearby Toowoon Bay. Co-owners Kath Ferris Devaney and Aaron Devaney do a fine job curating the selection of pickles, chillies, sauces, jams, oils, granola and more by Sydney (and personal) faves Cornersmith and Salt Meats Cheese, among other artisan darlings.



## 2 SIP & SURF

Kick off the day with one of the best coffees on the Coast at **BECKER & CO.** (2/162 Avoca Dr, Avoca Beach). Surry Hills' Single Origin Roasters supplies the knockout Killerbee blend, which you can also purchase to brew at home. There are sunny tables out front, or take your coffee across the road to scope the surf break at Avoca Beach with the locals, like my husband does.



## 3 HOMEGROWN HERO

Nourish your body post-swim with brekkie at **LIKE MINDS AVOCA** (352 The Round Dr, Avoca Beach), just off the main drag. Co-owners Melissa Morgan and James Rolph grow a lot of their own produce in the grassy outdoor eating area adjoining the cafe. The organic local poached egg with kale, avocado and pesto on rye toast is perennially popular, or try my summer favourite: bircher muesli with chia and sunflower seeds, coconut, dates, cacao and agave. The cool space doubles as a gallery with local artists' work for sale.

## 4 ALL-DAY BRUNCH

At hipster haven **THE GLASS ONION SOCIETY** (1-2/308 The Entrance Rd, Long Jetty), the house blend and regularly changing single-origin coffee is served at a precise 65°C, while organic fairtrade teas are custom-brewed by the barista. The smart all-day brunch menu, divided into 'herbivore' and 'carnivore', has beautifully executed options for just about everyone, including vegans and the gluten-intolerant. My pick? Spanish saint baked eggs with chorizo, fresh herbs and crisp flatbread dished up in a rustic cast-iron skillet (below).



## LOCAVORE.



5

## SLIDE ON UP

Pulled-pork burger, anyone?

### OOOMPH FOODSTORE & CAFE

(26A Adelaide St, East Gosford) serves them small, slider-style, which means you can grab two and mix it up with other flavours. Hot tip: the 'Vegetale', with haloumi, eggplant and marinated artichoke, is another hit. Take a seat at one of the long communal tables, or swap the hip warehouse space for its beachside siblings of the same name in Avoca or all-Paleo outpost in Kincumber. Oomph is one of my favourite Coast cafes – owners Andrew Mansfield and Adam Harrigan use top produce and their flavour-packed breakfast and lunch fare always delivers.



## 6 SPIRIT'S WILLING

In 2007, former herb grower Philip Moore bought a copper still and lush acreage, and **DISTILLERY BOTANICA** (25 Portsmouth Rd, Erina) was born. His fragrant handcrafted spirits and liqueurs, infused with herbs and fruit – he grows lemon myrtle and various botanicals in the surrounding garden – have since won medals at international wine and spirit competitions. Gin enthusiasts will swoon over his Vintage Dry Gin, while the exquisite Lemon Myrtle Liqueur is unlike anything I've tried before.



## 7 HONING THEIR CRAFTS

Two locals, Chris Benson and Ryan Harris, of **SIX STRING BREWING CO.** (4/330 The Entrance Rd, Erina), produce fine boutique beers including hefeweizen, golden ale and dark red IPA. Go behind the scenes at the brewery and taproom, and settle in at weekends for live music and a tasting paddle. Find the range at other venues on the Coast, in Sydney and further afield, too.

# 8

## LOCAL CATCH

Seafood institution **WOY WOY FISHERMEN'S WHARF** (The Boulevard, Woy Woy) had a beach-chic makeover a few years back and the casual open-plan restaurant overlooking Brisbane Waters is a great place for a crowd. Seafood is largely sustainable and local whenever possible, and caught that day in nearby Hawkesbury River and Tuggerah Lakes. Young families may prefer the takeaway fish 'n' chips counter out the front, where you can enjoy a beer while the kids amuse themselves on the play equipment. Or buy the fresh catch from the fishmonger, as I do, to cook back home.





## BEACHSIDE TRATT

Former Bells at Killcare head chef and restaurant manager respectively, Cameron and Hayley Cansdell have fulfilled a dream of their own spot with the recently opened **BOMBINI** (366 Avoca Dr, Avoca Beach). The two draw on their Italian food background with light Mediterranean dishes, such as handmade duck and ricotta lasagne (above), which pair beautifully with the area's beachy vibe. After a bottle of vermentino, I like to lounge like a Roman on the daybeds under the palms outside.

## 10 STREETS AHEAD

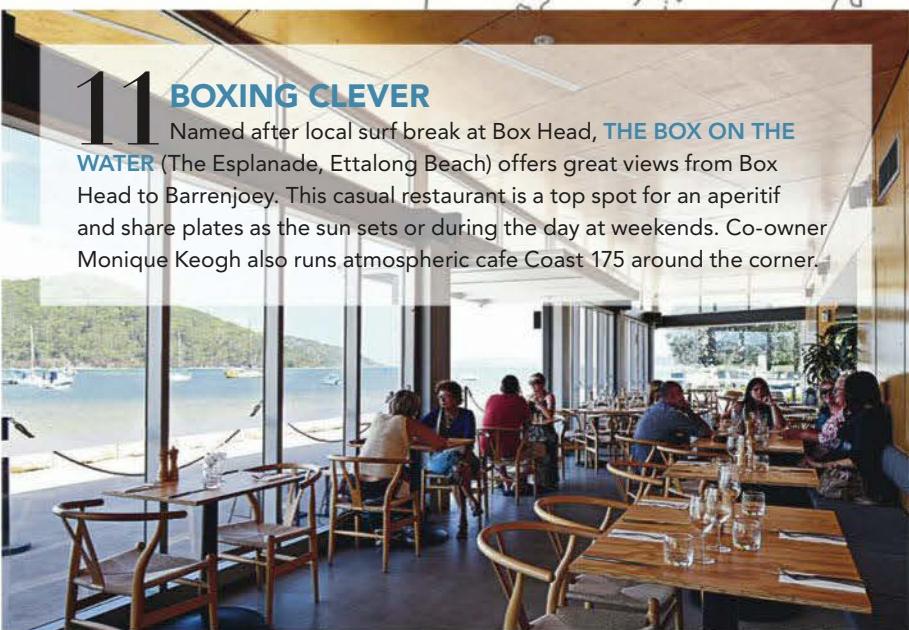
Tucked in The Rocks Arcade, **ETTALONG BEACH**

**BURGER BAR** (7/214 Memorial Ave, Ettalong Beach) is a local secret. Simon and Oliver Hoft's parents started Wollombi Wines near the Hunter Valley when they were kids and the charismatic brothers have followed in their folks' foodie footsteps with a punchy range of Wollombi Pantry sauces and relishes, and a bustling outdoor cafe. Check out the chalkboard for cheeky descriptions of daily specials or opt for my go-to: the spiced pork 'Oink' burger served with golden, wafer-thin kumara chips.

9

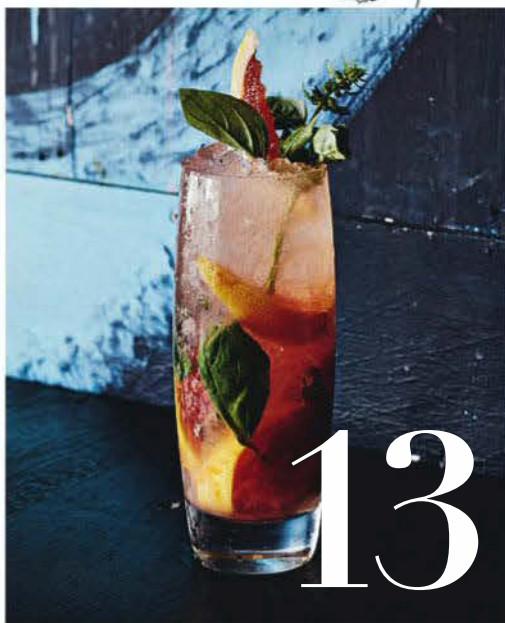
## 11 BOXING CLEVER

Named after local surf break at Box Head, **THE BOX ON THE WATER** (The Esplanade, Ettalong Beach) offers great views from Box Head to Barrenjoey. This casual restaurant is a top spot for an aperitif and share plates as the sun sets or during the day at weekends. Co-owner Monique Keogh also runs atmospheric cafe Coast 175 around the corner.



## 12 VEGIE MATTERS

Owner Ali Bishop traded in her catering business to start **PACHAMAMA** (58 Araluen Dr, Hardys Bay) in the picturesque village of Hardys Bay. This charming hole-in-the-wall is a real labour of love for the cook, who grows produce in decorative mismatched baskets around the cafe and in her market garden nearby. Ali's rustic fare is mostly vegetarian – think lentil and sweet potato vegie burger, but there are plenty of other options (her fish taco has fast become a signature dish). On a sunny day, I make the trip for the water views alone, and one of Ali's cleansing fresh juices.



## 13

## COCKTAIL HOUR

### POCKET BAR TERRIGAL (74)

Terrigal Esplanade, Terrigal) is the newest venture of Pocket Group, the Sydney collective behind Pocket Bar in Darlinghurst and Stitch Bar in the CBD. This offshoot takes its cues from the original, with op-shop chaise lounges, murals and a speakeasy-inspired bar loaded with top-shelf whiskies. The friendly, knowledgeable staff also specialise in cocktails, such as the summery Dandy Germain Smash with grapefruit, basil and elderflower liqueur. Bar snacks are top-notch too – my friends and I are addicted to the togarashi-spiced 'kamikaze karaage chicken'.

## UNBEATABLE RETREAT

For an indulgent stay-cation, we love **BELLS AT KILLCARE** (107 The Scenic Rd, Killcare Heights), which remains the title-holder for dining and accommodation on the Coast. Italian culinary maestro Stefano Manfredi heads up the hatted restaurant, which uses produce from the ample gardens for his seasonal Italian menus. The stunning property boasts 25 Hamptons-style cottages, and the golden sands of Killcare's Putty Beach and walking trails of Bouddi National Park are just a stone's throw away. X





# Recipe index

MARCH 2015

## STARTERS AND LIGHT MEALS

- Baby vegetable salad (v) ..... 98
- Baked potatoes with chilli and anchovies..... 102
- Beetroot, dill & goat's cheese salad ..... 104
- Brussels sprouts with fish sauce vinaigrette..... 82
- Californian salad (v) ..... 128
- Chargrilled capsicum, juniper oil & purple basil salad ..... 30
- Chicken wings with kombu butter..... 88
- Crudo ocean trout with squid crackers and bagna cauda..... 84
- Crumbed asparagus with smoked salmon sauce (v)..... 69
- Fig & freekeh salad (v) ..... 115
- Goat's cheese cigars with melon & cucumber slaw (v)..... 136
- Gorgonzola & prosciutto figs ..... 92
- Grilled chicken with yuzukoshio ..... 88
- Lobster salad with herby creme fraiche... 96

## MAINS

- Oysters with beurre blanc..... 66
- Poached fennel with pink prawns and almonds ..... 138
- Prawn & brioche toasties ..... 92
- Salad of golden beetroot, pickled plum, pancetta and maple syrup ..... 77
- Salt & togarashi squid ..... 111
- Southern calamari with green olives and sweet onions ..... 30
- Torn figs and grapes with almonds and strawberry balsamic (v) ..... 78
- Yellowfin tuna carpaccio with pomelo, tomato and bee pollen..... 146
- Yellowfin tuna with yuzu, apple, cucumber, Sichuan salt and river mint...51

- Duck ragu with crisp porridge wedges....136
- Duck with chilli blood plum sauce..... 69
- G&T drunken chicken with carrots and dukkah ..... 74
- Izakaya-style chicken with chargrilled vegetables..... 30
- Kimchi fried rice with bacon and eggs ....112
- Loin of lamb Jean-Jacques Rousseau ... 104
- Noodles with broad beans, peas and spicy lemon dressing (v)..... 77
- Ocean trout coulibiac with saffron cream..96
- Onglet steak with salsa verde and parmesan chips..... 112
- Pappardelle with roast nduja and tomato sauce ..... 116
- Pastrami sandwich with triple-cooked chips..... 86
- Peri-peri chicken..... 52
- Pork cutlets with cider glaze and buttermilk mash..... 115
- Rice & peas with jerk roasted veggies (v)...124
- Roast yuzu chicken with Japanese slaw...116
- Rose harissa, prawn & chickpea tagine ...119
- Sri Lankan fish curry..... 128
- Sriracha salmon with edamame mash ....112
- Steamed fish with brown rice and greens .....126
- Warm salad of fregola, chorizo and mussels..... 77

## SWEET THINGS

- Black forest gateau bowls..... 138
- Hungarian chocolate torte Janty ..... 106
- Lace tuiles..... 98
- Make-ahead breakfast rice pudding .....122
- Paleo pumpkin pie ..... 54
- Passionfruit curd ..... 70
- Peaches 'n' cream ..... 31
- Rhubarb & custard mille-feuilles..... 140
- Ricotta, raspberry & passionfruit curd terrine ..... 70
- White chocolate bark ..... 70
- White chocolate mousse with lace tuiles...98

## DRINKS AND EXTRAS

- Creme fraiche dressing..... 92
- Pickled red cabbage..... 86
- Strawberry gin martini ..... 66
- (v) denotes vegetarian recipes

# Directory

1803 Artisan Deer Design,

0411 765 662, 1803.com.au

**Bridget Bodenham,**

bridgetbodenham.com.au

**Brilliant Food,** (02) 9695

7600, brilliantfood.com.au

**Citta Design,** (02) 9360 7904,

cittadesign.com

**Country Road,**

1800 801 911,

countryroad.com.au

**David Mellor Design,**

davidmellordesign.com

**Dinosaur Designs,**

(02) 9698 3500,

dinosaurdesigns.com.au

**Eco Outdoor,**

1300 131 413,

ecooutdoor.com.au

**Georg Jensen,** 1800 441 765,

georgjensen.com

**Glenn Tebble Homewares,**

0402 135 374,

gthomewares.com.au

**iittala,** iittala.com

**Le Creuset,**

1300 767 993,

lecreuset.com.au

**Papaya,** (02) 8571 7799,

papaya.com.au

**Paper2,** (02) 9318 1121,

paper2.com.au

**Riedel,** (02) 9966 0033,

riedelglass.com.au

**Shibori,** shibori.com.au

**Slab & Slub,**

0425 212 770,

slabandslab.com.au

**Space,**

(02) 8339 7588,

spacefurniture.com.au

**Spence & Lyda,**

(02) 9212 6747,

spenceandlyda.com.au

**Thonet,** 1800 800 777,

thonet.com.au

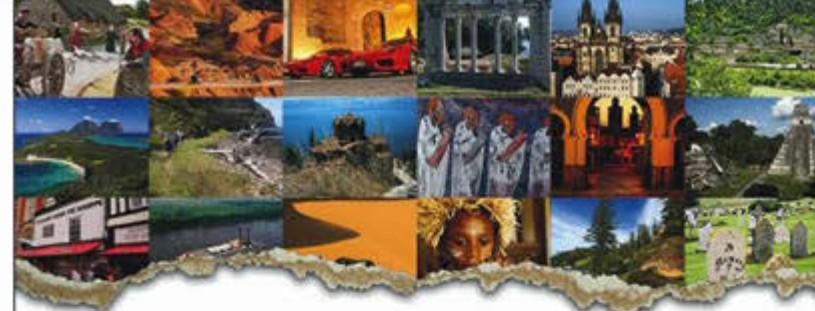
**West Elm,** 1800 239 516,

westelm.com.au



**Thanks** Our meat is supplied by Hudson Meats ([hudsonmeats.com.au](http://hudsonmeats.com.au)). We use Global knives, Scanpan cookware and utensils and Cuisinart appliances from Sheldon & Hammond (for stockists, tel: 1800 209 999).

**PRIVACY NOTICE** NewsLifeMedia collects your personal information to assist us in providing the goods or services you have requested, to process your competition entries and to improve our products and services. We or any of our Australian related companies may be in touch by any means (including email or SMS) at any time to let you know about goods, services or promotions that may be of interest to you. We may also share your information with other persons or entities who assist us in providing our services, running competitions or with other companies who provide prizes for our competitions or reader offers. This company is part of a global media and entertainment company. We would like to share your information with these overseas-related companies so that they can contact you with special offers. If you would prefer us not to, please contact our privacy officer at [privacy@newslifemedia.com.au](mailto:privacy@newslifemedia.com.au) or write to Locked Bag 5030, Alexandria, NSW 2015. You can gain access to your personal information by contacting our privacy officer.



## Uncover much more with Odyssey Travel

### A Taste of China

**May '15 - 16 Days**



Learn to cook different styles of Chinese dishes. Master the art of cooking with Asian herbs and spices. Join Cheong Liew, considered to be one of top chefs in Australia. Sample exquisite banquets and learn about the secret ingredients in Sichuan cuisine. Visit the award-winning internationally acclaimed Yu's Family Kitchen in Chengdu.

**From \$7,667**

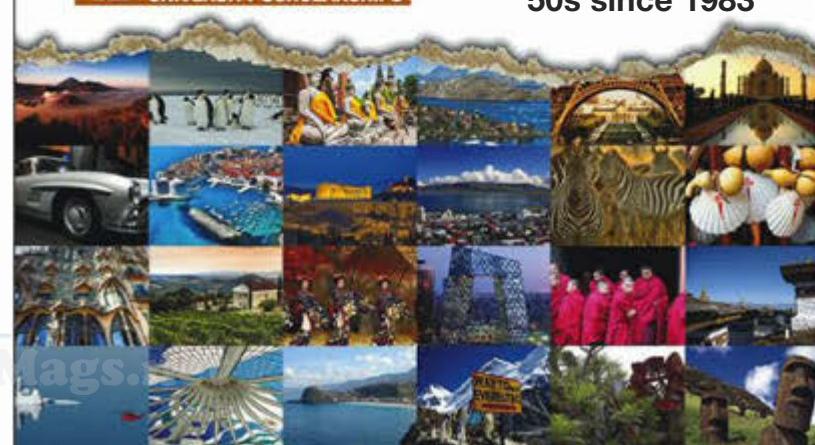
**Reserve your seat by calling 1300 888 225 or visit [odysseytraveller.com](http://odysseytraveller.com) to see 27 programs that are guaranteed to depart in 2015**



*See · Feel · Learn*



**Educational Travel Specialists for over 50s since 1983**



# on the AGENDA

From new ingredients on supermarket shelves to easy dinner ideas, check out the latest products from our advertisers.



## jump for soy

Only the finest ingredients are used to prepare Lee Kum Kee Premium Soy Sauce, creating the robust flavour that makes it the choice of chefs and home cooks alike. Try it in a stir-fry with beef, chilli and broccolini. For recipes, visit: lkk.com.



## taco tuesday

Tacos – the original cutlery-free crowd-pleaser – are easy to prepare with Old El Paso™ Mini Tortillas. Try them filled with chipotle pork, tomato salsa and guacamole. For tips and more recipe suggestions, visit: plateful.com.au.

## lunch on the run

If you've cooked up a storm from this month's issue, then chances are you have some leftovers. Decor Microsafe® Segmented Plates let you store and reheat your meals on the go, so nothing will go to waste. Visit: decor.com.au.



## quick fix

Gadget-wary coffee lovers take note, The House of Robert Timms Coffee Bags are a simple way to enjoy your morning caffeine ritual. Road-test the unique blends to find your ultimate cup. Visit: roberttimms.com.



## where there's smoke

Superior Gold Smoked Salmon has partnered with master smoker Nathan Smith to create a rich salmon that has been cured, then double-smoked. Pass the cream cheese, please. Visit: superiorgold.com.au.



## turn it japanese

Anything goes with Kewpie Roasted Sesame Salad Dressing. Use it to dress salad leaves, liven up a bowl of udon noodles or even as a tasty dip served with rice crackers. Visit: oriental.com.au.

## green and gold

Award-winning Cobram Estate 2014 Australian Extra Virgin Olive Oil not only tastes great in salad dressings, but you can cook with it, too. Use it next time you're pan-frying fish or vegetables. Visit: cobramestate.com.au.



## seoul food

Take a midweek tour to Korea with beef short ribs marinated in Obap Beef Stir-Fry Sauce and wok-tossed with seasonal greens. Or try this soy-based sauce as a glaze over salmon fillets on the barbecue. Visit: oriental.com.au.



# Delicious



There, we've said it.

ALPACAS HAVE LONG BEEN FARMED for their luxurious fleece, but in South America they are just as prized as a delicious and nutritious meat.

Prime Australian Alpaca has been developing this important third pillar of the alpaca industry.

So what does it taste like?

Alpaca has a very subtle flavour with a buttery texture, it is extremely lean and takes flavours beautifully. We invite you to try this exquisite meat for yourself, visit our website for information and some exciting recipes. [www.primealpaca.com](http://www.primealpaca.com)



STICKY HONEY ALPACA SHORT RIBS & CHILLI LOIN



ALPACA KOFTA WITH MINTED YOGURT



NORI WRAPPED TEMPURA ALPACA TENDERLOIN

Alpaca meat is available for purchase Australia wide, for wholesale and retail enquiries please contact the relevant State supplier.

**NSW, Victoria, Tasmania & Queensland -**

**Illawarra Prime Alpaca** Sharon Dawson - 0410 461 343 or Harvey Gollan - 0488 111 207

**Western Australia - WA Prime Alpaca**

Chris Ravenhill - 0417 992 696 Mahlon Hotker - 0417 187 022

**South Australia - Fleurieu Prime Alpaca**

Chris Williams - 0417 826 762



Follow us



# gourmet lifestyle


Wine Compass  
Custom Tours for all Occasions



Mention this ad for a FREE GIFT



**MORNINGTON PENINSULA & YARRA VALLEY**  
[www.winecompass.com.au](http://www.winecompass.com.au)  
ENQUIRIES PLEASE CALL 0413360468




Premium wholegrain products made from 100% durum wheat grown sustainably in the Clare Valley.

Our philosophy is simple... from the best produce comes the best product.

Visit [www.pangkarraproducts.com.au](http://www.pangkarraproducts.com.au)

## RED FEATHER INN

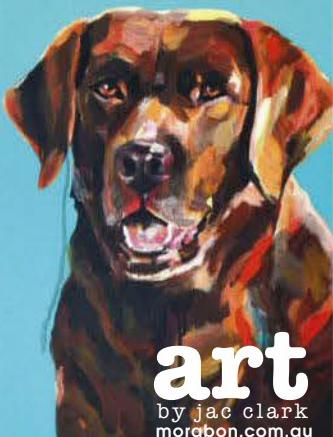


Welcome Summer with a Tasmanian gourmet foodie indulgence





Take a break this summer, join us for one of our cooking classes or experience our rustic dining showcasing local produce and wines. Luxury guest house accommodation and unique cooking school just minutes from Launceston. [www.redfeatherinn.com.au](http://www.redfeatherinn.com.au)



**art**  
by jac clark  
[morabon.com.au](http://morabon.com.au)

## EUROVILLAS

[www.eurovillas.com.au](http://www.eurovillas.com.au)  
Self-Catering Accommodation in Europe & UK



info@eurovillas.com.au    03 9593 2170



Cooking company

Shop online now for 20% off kitchenware, cookware and tableware



Enter code **VIP20** on checkout. Valid until April 30 2015.  
Australia-wide delivery

[www.thecookingcompany.com.au](http://www.thecookingcompany.com.au)

**EXPERIENCE ABRUZZO**  
with LUCIANA



**CENTRAL ITALY**  
[www.touringabruzzo.com](http://www.touringabruzzo.com)  
tel: 0475 885 851



CHAIN CURTAIN FLY-SCREENS  
[WWW.CHAIN-FLYSCREENS.COM.AU](http://WWW.CHAIN-FLYSCREENS.COM.AU)  
[WWW.FLYSCREENS.CO.NZ](http://WWW.FLYSCREENS.CO.NZ)

## Discover Cabramatta

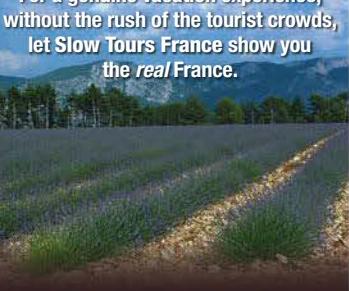


*A taste of Asia!*

**Discover...**  
Cabramatta, Canley Vale and Canley Heights for the most *authentic* and *unique* Asian *flavours* in Sydney.  
Celebrate Cabramatta Lunar New Year Festival 21-22 Feb 2015  
*WELCOME THE YEAR OF THE GOAT & RAM throughout March.*  
[www.fairfieldcity.nsw.gov.au/lunarnewyear](http://www.fairfieldcity.nsw.gov.au/lunarnewyear)

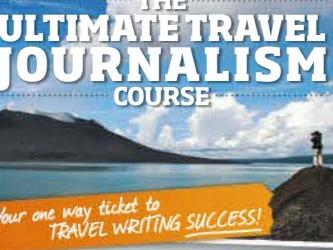


For a genuine vacation experience, without the rush of the tourist crowds, let Slow Tours France show you the *real* France.



Ph: 08 8370 3125 or 0408 358 448  
[info@slowtours.com](mailto:info@slowtours.com) [www.slowtours.com](http://www.slowtours.com)

## THE ULTIMATE TRAVEL JOURNALISM COURSE



Your one way ticket to TRAVEL WRITING SUCCESS!

Learn what it takes to be a successful travel writer in just 12 weeks.  
Diploma Course by distance learning.

**FREE CALL**  
**1800 217 970**

[www.TravelWritingAcademy.com](http://www.TravelWritingAcademy.com)

**MJA**  
MORRIS JOURNALISM ACADEMY



**f** Cabramatta – A Taste of Asia

**FairfieldCity**  
Celebrating diversity

To advertise call 1300 139 305

gourmet lifestyle



## 2015 SYDNEY ROYAL TALK & TASTE AT THE SYDNEY ROYAL EASTER SHOW

For food and wine lovers, come along and to meet the producers, talk to experts and taste Sydney Royal medal-winning produce.

Each day there's a new experience, so check out the schedule and plan your trip.

Tickets are just \$15 per session | [www.eastershow.com.au/delicious](http://www.eastershow.com.au/delicious)



## purewasabi *by Coppersfolly*

### Fresh Wasabi rhizome - the real thing

Purchase online at  
[www.purewasabi.co.nz](http://www.purewasabi.co.nz)  
and good retailers



BEEF  
AUSTRALIA  
2015  
ROCKHAMPTON  
MONDAY 4 MAY - SATURDAY 9 MAY

# SEE IT, TASTE IT, LOVE IT!

## 4-9 MAY 2015

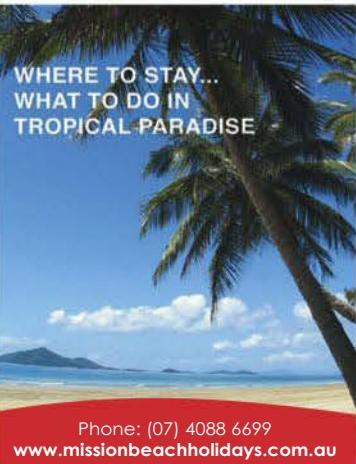
### ROCKHAMPTON

Celebrity chefs from around the country and around the world

Premium, pop-up and gourmet street-food restaurants

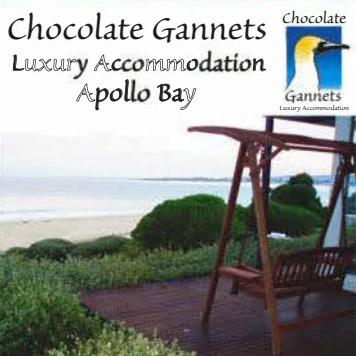
Cooking demonstrations to take your beef experiences to new levels

[www.beefaustralia.com.au](http://www.beefaustralia.com.au)



WHERE TO STAY...  
WHAT TO DO IN  
TROPICAL PARADISE

Phone: (07) 4088 6699  
[www.missionbeachholidays.com.au](http://www.missionbeachholidays.com.au)



Chocolate Gannets  
Luxury Accommodation  
Apollo Bay



For Bookings Ph: 1300 500 139  
[www.chocolategannets.com.au](http://www.chocolategannets.com.au)

Liliah Rose  
jewellery and accessories

Liliah Rose Jewellery is a hand crafted collection of Limited Edition Pieces created from heirloom worthy forgotten and neglected antique and vintage elements.

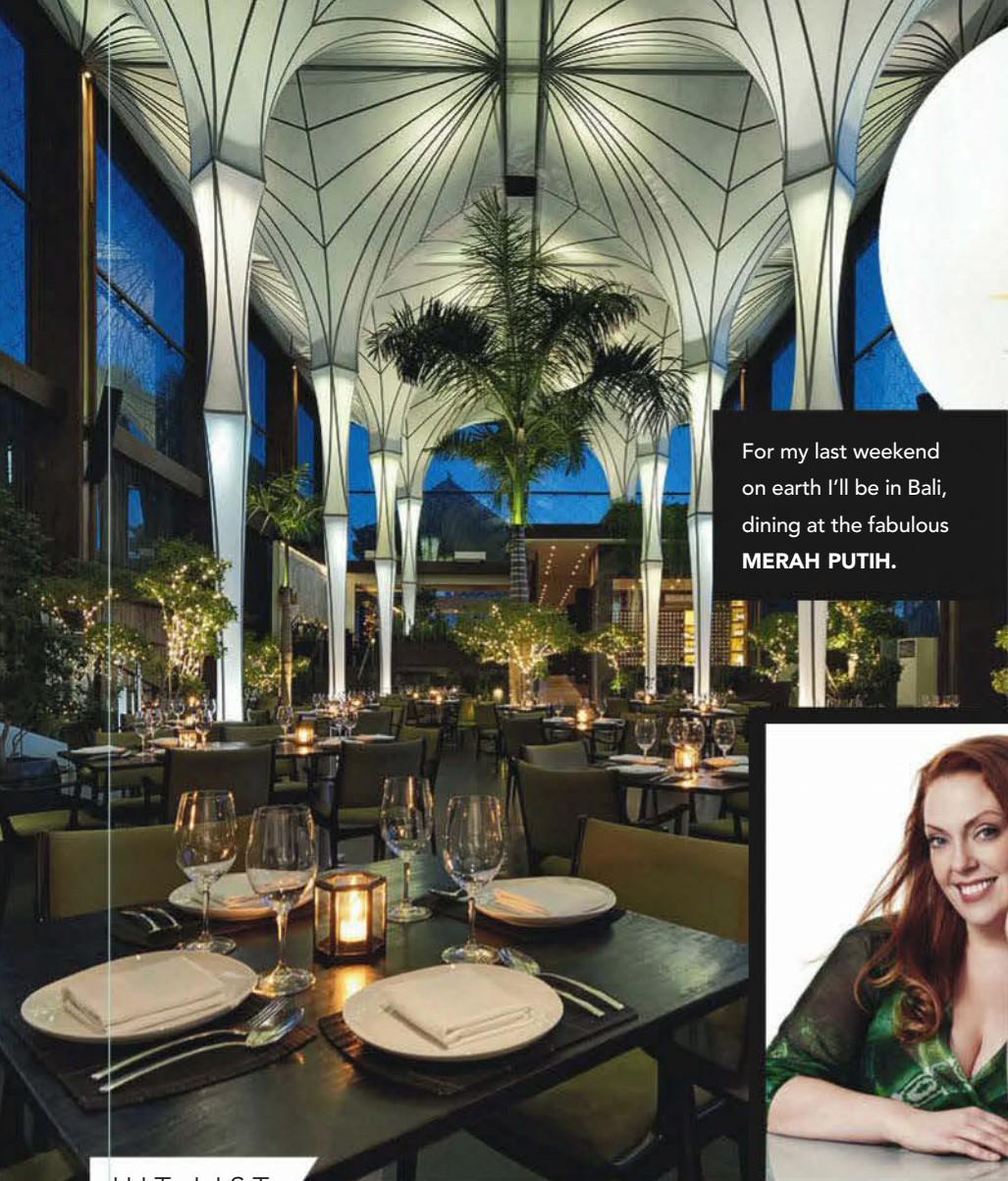
*Every piece tells a story of the past and is as unique as the woman who wears it.*

[f](#) [LiliahRoseJewellery](http://LiliahRoseJewellery) [www.liliahrose.com](http://www.liliahrose.com)

Visit studio by appointment Ph: **Suess 0487 234 982**  
E: [suess@liliahrose.com](mailto:suess@liliahrose.com) • Made on The Sunshine Coast

WorldMags.net

To advertise call 1300 139 305



HIT LIST

# nicole ECKELS

With a nose for the finer things in life, Nicole Eckels, co-founder of Glasshouse Fragrances and Circa Home, reveals a few foodie faves.



I restore my balance after a big night out with a juice cleanse of **COLD-PRESSED JUICES**, or replace breakfast and lunch with green smoothies.

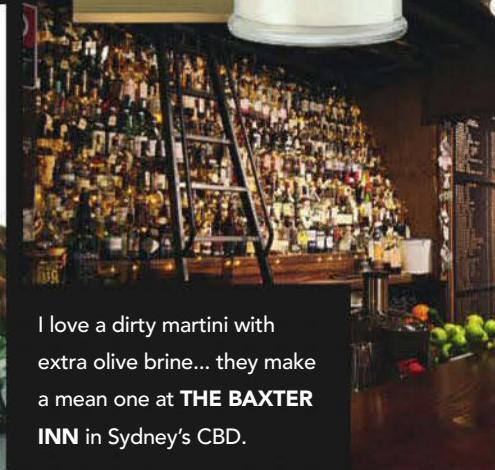
*I love listening to jazz while I'm cooking, especially JOHN COLTRANE and MILES DAVIS.*

99

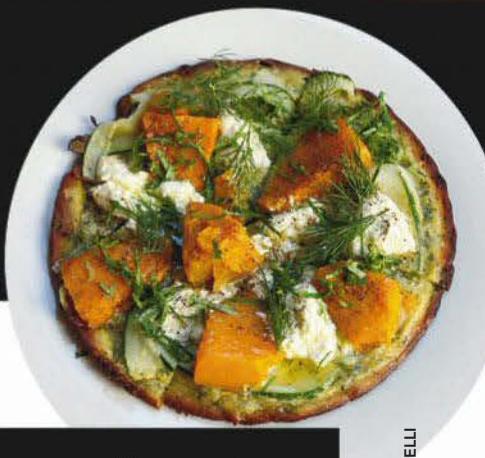
If I want to impress guests in NYC, I'll take them to **ELEVEN MADISON PARK**.

For my last weekend on earth I'll be in Bali, dining at the fabulous **MERAH PUTIH**.

Dining table essentials?  
**WHITE PLATES** and **CANDLES** (of course!).



I love a dirty martini with extra olive brine... they make a mean one at **THE BAXTER INN** in Sydney's CBD.



Best small bites in Sydney? **BLOODWOOD** for its socca (chickpea-based pizza).



*30-day FREE trial\**  
when you subscribe to the  
digital edition of the magazine



iPad is a trademark of Apple Inc, registered in the U.S. and other countries. App Store is a service mark of Apple Inc.  
\*Paid subscription commences at conclusion of free trial period.

You leave the still-sleeping city behind to greet the sun as it rises on the road ahead. You wind your way along an empty coastal road and reach a hand into the cloudless summer sky that stretches out overhead – this is it, you think, this is what you've missed. That familiar feeling in a forgotten country town, a meal overlooking an endless ocean, a spirited dash through a secluded mountain road. Perhaps it's time to tell your own story – one written by winding roads and bound by endless skies. Arrange a test-drive at your preferred BMW dealer.

The first ever  
BMW 2 Series  
Convertible

133 BMW  
[bmw.com.au](http://bmw.com.au)



The Ultimate  
Driving Machine

# 2 BE CONTINUED...

THE FIRST EVER BMW 2 SERIES  
CONVERTIBLE.



BMW EFFICIENT DYNAMICS.  
LESS CONSUMPTION. MORE DRIVING PLEASURE.

[WorldMags.net](http://WorldMags.net)